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PLEASE DON'T STOP THE MUSIC
ALAN CROSS DISCUSSES THE FADE-OUT {page 26}

KIPPER'S SLUMP COMES AT BAD TIME

{page 35}

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Weekend, January 21-23, 2011
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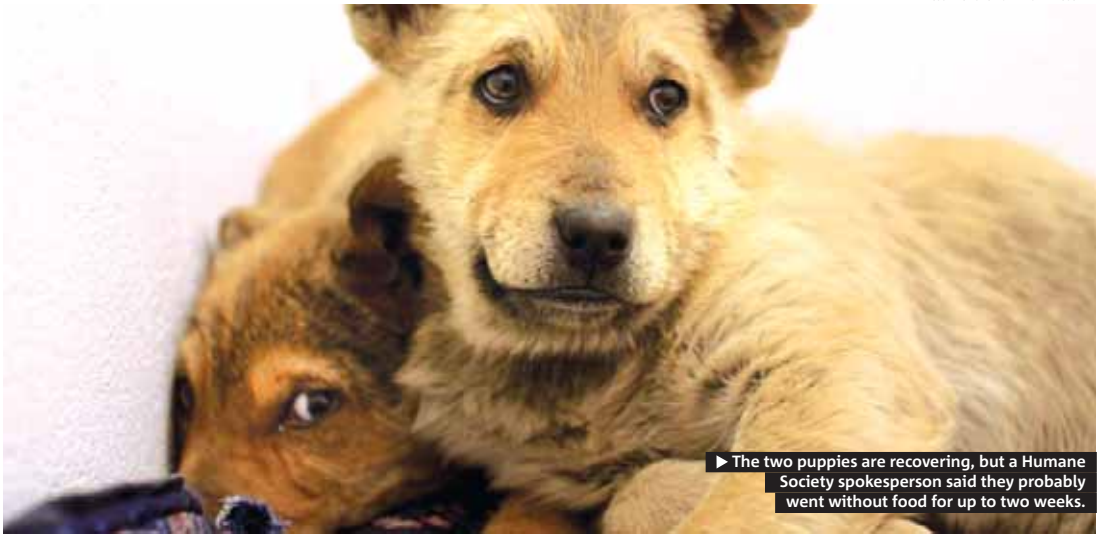
News worth sharing.

Drivers rescue discarded pups

- The two animals will be quarantined for at least 10 days
- They are both male dogs, believed to be about three months old

COURTESY OF CALGARY HUMANE SOCIETY



▶ The two puppies are recovering, but a Humane Society spokesperson said they probably went without food for up to two weeks.

After seeing three puppies roaming around the Tsuu T'ina landfill, two Calgary men say they couldn't get the image out of their heads.

Paul, a driver for a soil-trucking company, said he was dropping off a load at the landfill when he saw a pickup truck with two females speeding away.

"As they drove away, there was three dogs behind," he said. "I really felt sick to my stomach."

Paul and his co-worker Orist Tchozewski went back multiple times throughout the day but were unable to catch the skittish puppies.

Finally, the two managed to find two of three puppies alive on Wednesday afternoon. They put them in dresser drawers and wrapped them in towels before taking them to the Calgary Humane Society.

"It's just the way it has to be. They had no chance in life and I wanted to ... make it better." KATIE TURNER

For the full story, visit metronews.ca/calgary.

Berlusconi

Soap opera starring Italy's PM

- Topless girls, house like a brothel, wiretaps reveal
- Girl at centre of prostitution investigation a Moroccan teenager {page 11}

Man of many marathons breaks $250K

Tireless runner hits fundraising goal {page 8}

Web surfing in lieu of working

Study reveals most popular wasters of company time {page 10}

Portman begins post-Swan era

Reel Guys debate merits of No Strings Attached {page 19}

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Hunt on for suspect in sex assault of 10-year-old

Police are looking for the suspect responsible for sexually assaulting a 10-year-old girl while she was on her way to school.

Shortly after 8 a.m. on Tuesday, the girl was walking on Dalford Road in the northwest when a Caucasian man in his 30s pulled up in a four-door, rusty baby blue car.

He pulled up behind her and asked her to come to his house. When she refused and walked away, the suspect groped her from behind.

After the incident, the girl ran to her school and told her principal, who then called police.

The man is described as six-feet tall, with a thin build with dark hair, blue eyes and a day's growth of moustache. At the time he was wearing dirty, light-blue jeans and a black hoodie with a white skull on the left breast.

He's also said to have a two-inch scar across his lower left cheek. Those with any information should call police at 403-266-1234.

METRO

Accused war criminal in Calgary court

There was heavy security in court Thursday for the appearance of a man accused of gruesome war crimes in Guatemala nearly 30 years ago.

Jorge Vinicio Orantes Sosa, 52, had his hands and feet shackled and was accompanied by three guards as authorities in Calgary took the first step to extradite him to the United States.

THE CANADIAN PRESS

JEREMY NOLAIS/METRO

▶ Loretta Zwaan, left, meets with Opportunity Works business coach Beth Henry.

Centre forced to close its doors

- Government funding for mental health assistance group cut
- Group has helped more than 500 people over the past 12 years

JEREMY NOLAIS
@METRONEWS.CA

High levels of stress had left Loretta Zwaan with few employment options.

After losing her third job last year, the 48-year-old turned to Opportunity Works for assistance.

The local non-profit, which has operated in Calgary for 12 years, aims to integrate business practices with sound mental health.

Zwaan began meeting weekly with business coach Beth Henry, who guided her to open a virtual assistant company of her own.

"It's a really great support network that's not really available anywhere else in Calgary," Zwaan said.

Now, the group is being forced to close its doors after having its government funding cut, said executive director Kathrine Bourassa.

"They're really pushing to see hard results, people that are able to hold down a job," Bourassa explained.

"Most of our people aren't really there. We are more about self-employment."

In an emailed statement, Human Resources and Skills Development Canada, which oversees the funding, said, "The goal is to fund quality projects that meet the needs of people with disabilities, however HRSDC receives many good quality proposals and not all can be selected."

By the numbers

1 Opportunity Works relied on government funds to cover 50 per cent of its costs, with other contributions coming from the United Way and other private donors.

2 More than 50 individuals were currently receiving peer coaching and other assistance.

3 Katherine Bourassa estimated 500 people have received assistance from the group in its 12-year run.

1 news

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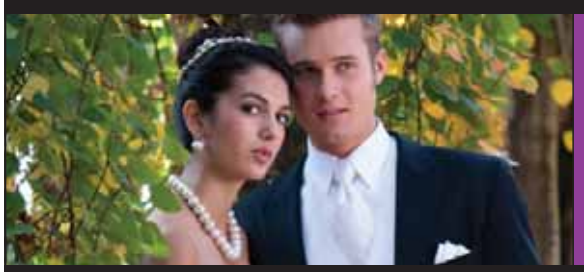

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News in brief

METRO FILE

▶ Mayor Nenshi

Mayor rides morning train

7TH AVENUE. The renovated 4th Street SW LRT station on 7th Avenue reopened this morning. Mayor Nenshi rode in the front driver's cab the station on a train at 7:30 a.m. this morning.

The reopening marks the sixth reconstructed platform to reopen as part of a plan to ensure 7th Avenue platforms can accommodate four-car C-Trains which are expected to be introduced in the near future.

METRO

Home invaded in northeast

700 BLOCK. Police are seeking information following a home invasion in the city's northeast last night.

Investigators say three males forced entry into the residence, located in the 700 block of Raynard Crescent NE, around 6:30 p.m. One suspect was located nearby after the incident and arrested.

The other two are described as black males in their early 20s who were wearing all black clothing. METRO

Suspect to fight extradition

TERRORISM. The lawyer for a Canadian man suspected of supporting a terrorist group says his client will fight extradition to the United States.

Sayfildin Tahir Sharif, a 38-year-old Iraqi Canadian, was arrested by the RCMP in Edmonton on Wednesday at the request of the FBI.

THE CANADIAN PRESS

Little relief at pumps: Analyst

- High crude oil prices driving the increase
- Prices typically lowest in December, January

JEREMY NOLAIS
@METRONEWS.CA

JEREMY NOLAIS/METRO

▶ Trevor Rebut, seen filling up his car Thursday, says he tries to drive as little as possible because of high gas prices.

Kyla Boruck spends a great deal of time behind the wheel for work

Lately, the local insurance broker has noticed a $5-10 increase in her fuel bill every time she fills up.

"It's pretty frustrating," she said while pumping gas into her car at a cost of nearly $1.09 per litre at a northeast gas station Thursday.

"It definitely adds up over time."

Motorists like Boruck had better get used to feeling the pinch at the pumps, say analysts.

Jason Toews, co-founder of fuel-cost monitoring website GasBuddy.com, said while prices can fluctuate somewhat he expects an upward trend that will hit at least $1.25 per litre by summer.

"Demand and confidence in the economy has picked up ... I think because of that there's more demand for gasoline," he said.

Michael Ervin, a Calgary-based gas analyst with the Kent Group, agreed that gas prices are unlikely to come down anytime soon, but said he anticipates a more gradual increase in price — likely no more than 10 per cent — because of spare refining capacity currently available in North America.

Rising prices

- Prices for gas at some Calgary stations crept up near $1.10 per litre Thursday.
- This time last year, the average price of gas was 90.2 cents per litre, Ervin said.
- On average, demand for gasoline rises by 25 per cent in the spring and summer months, he added.
- Toews said he believes gas prices could reach as high as $1.80 per litre over the next few years.

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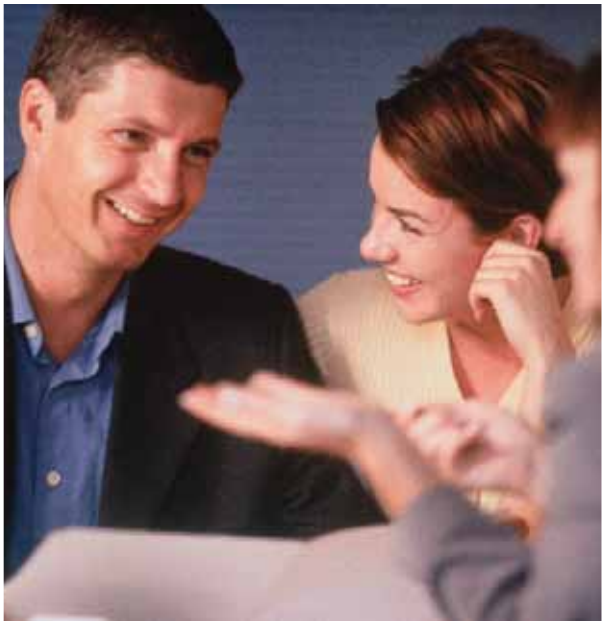

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IF YOU DON'T KNOW HOW TO DO IT, HIRE SOMEONE WHO DOES

Opinion

DJ KELLY
THE SCRUTINEER

This week, the City of Calgary made an announcement that I think deserves more recognition than it got.

It was announced the city has selected a public-engagement firm to talk with us — the citizens — about what we want to see in the upcoming 2012-2014 budget.

It may seem like a no-brainer that the city would actually take time to ask us what services we would like and how much we would be willing to pay for them, but strangely enough it's not something that's done often, if ever.

I think the administration and council deserve a huge round of applause for thinking far enough ahead to ensure that this time, they involve the public right from the beginning.

However, my round of applause may look like a standing ovation to some and an ironic slow clap to others.

In hiring a firm — and according to the request for proposals, paying them $250,000 — to "engage the public," the city is effectively admitting that it doesn't don't know how to do this itself.

Which, of course, begs the question: If 14,000 municipal employees don't have the skills to engage the public, then what they heck are they doing? If there was one thing they were good at, shouldn't this be that one thing?

To even the untrained eye, however, this has become reality. "Public engagement" has been twisted into "informing the public about a decision that's already been made," which obviously is exactly the opposite of what public-engagement processes are meant to be.

This leads us to another question: Whose job is public engagement anyway? I would argue asking us what we want and then making sure it happens is entirely the point of elected officials. After all, if they didn't do this, then what purpose do they serve?

But if public engagement is the job of our elected officials, I have to ask: When was the last time your councillor asked your opinion on something coming up at city hall?

If it's the job of the alderman to know what the public wants, we're in bad shape. Aside from Ald. Gian-Carlo Carra, who is very familiar with the planning charette process, I can't think of any other alderman with previous experience in this field.

That could be forgiven by each of them hiring a constituency assistant with these skills. But if any of those assistants have these skills, you wouldn't know it. Aside from Bob Hawkesworth in 2008 and 2009, no alderman has held a big public priority-setting event.

Ald. Shane Keating gives us some hope, however. Next week, he's holding an event to gather information about the future of motorsports in Calgary. Granted, the event is not open to the public, but so long as it's not a town hall-style meeting — a confrontational event format that can't disappear from use quickly enough — this is at least a baby step forward.

There are infinitely better ways to find out what the public wants. Hopefully the professionals will show them how it's done, and the city will be able to follow their lead.

CRIME

SUV plunges into canal during police chase

During a Hollywood-style chase early Thursday morning, an SUV crashed through a barrier and plunged more than 60 metres into the icy surface of a Calgary irrigation canal.

RCMP were reportedly attempting to interview a driver on suspicion of drunk driving in Strathmore when police allege a passenger hopped behind the wheel and sped off.

RCMP chased the vehicle into city limits before it crashed into the canal, located at Deerfoot Trail and 17th Avenue SE.

A 38-year-old driving the SUV escaped with only minor injuries, police said. He now faces numerous charges. METRO

For more news, visit metronews.ca/calgary

Pair sought in theft at pharmacy

Two men are being sought in connection with the robbery of a southwest Calgary pharmacy.

On Jan. 18, two men entered the Shoppers Drug Mart in Westhills. Police said one man threatened pharmacy staff with a handgun while the other held a kitchen knife. They demanded Oxycontin, a prescription pain reliever, and fled with several bottles. Anyone with information can call 1-800-222-8477. METRO

JEREMY NOLAIS/METRO

▶ Calgary's Dan Bennett and a friend created an original song in just eight hours.

Musicians make the most of a broken record

8-hour songwriting challenge intended to expose 'unoriginal' hit music on the charts ◗ Jamie Lee Curtis, Avatar, Regis Philbin referenced on track

JEREMY NOLAIS
@METRONEWS.CA

All they started with were a few "corny rhymes" about characters from the hit TV show Friends.

Eight hours later, Calgary musician Dan Bennett and friend Dave Wallace of Victoria had created a song called Lights, Camera, Action, which they would willingly put up against any track on the top-40 charts.

Bennett, also known as hip-hop artist Transit, said it can be frustrating to see musicians creating "easy" pop music succeed over those trying to be innovative.

24
The number of times Dave Wallace says the word "up" during the song's chorus.

"We wanted to see how easy it is to push a mainstream, top-40 song like that out," he said.

Within an hour of starting the project in a Victoria basement, the duo had developed the song's up-tempo beat on a computer and worked through most of the lyrics

Bennett said the project was so simplistic he and Wallace were even able to duck out for two hours to a local burger joint.

Wallace said the song is meant to challenge people to question what they're listening to.

"It can be this easy to create, so be really conscious about (what you're putting) into your ears and what you think about it," he said.

The song can be downloaded at innovateimageworks.com and their video viewed at metronews.ca/calgary.

SUNSHINE

Ski hill passes review

Sunshine ski hill was found in compliance with safety regulations after a review was conducted Thursday.

A shortage of patrollers on the hill Wednesday sparked the review.

The hill operated with only six patrollers and ran four lifts on Wednesday, when over a dozen employees called in sick as a display of solidarity over recently fired staff and an ongoing shortage of personnel.

Sunshine was back at full capacity Thursday, running 11 of 12 lifts with 18 patrollers on the hill.

"Given the situation yesterday, we thought it was a good idea to scale back a little so we kept Goat's Eye closed today," said Doug Firby, spokesman for Sunshine.

CAROLINA NOVOTNY

Mounties' families vent anger

Relatives vexed by a justice system they feel let down four Mounties took their frustration over the deaths of their loved ones out on a prosecutor Thursday.

"When does common sense start kicking in as opposed to the exact, explicit letter of the law?" Grace Johnston asked at the Mayerthorpe fatality inquiry.

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To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

JAMES PATON/FOR METRO

▶ Cochrane resident Martin Parnell is seen in action last year. Earlier this week, Parnell, who on Dec. 31 completed his goal of running 250 marathons in one year, hit his $250,000 fundraising target.

Cochrane's marathon man breaks $250K

Parnell says he was inspired to raise funds for Right to play after doing 10,000-km bike trip across Africa

Martin Parnell, a 55-year-old Cochrane resident, not only ran 250 marathons in one year but also raised $250,000.

A donation of $1,200 from his doctor earlier this week officially capped off Parnell's endeavour. The money will be given to Right to Play, an organization that develops sports programs for kids around the world.

"It was a long, long grind, but we made it," said Parnell, who completed his marathon quest on Dec. 31. "I couldn't be happier really."

5,000
The number of kids who will be funded by Right to Play through Parnell's contributions.

National director of Right to Play Robert Witchel said Parnell has not only raised funds but also inspired Canadians to become active.

"We are incredibly impressed by Martin's accomplishment," said Witchel. "The funds he has raised will allow thousands of children and their communities to benefit from regular, educational sport and play programs in some of the most disadvantaged regions of the world."

With his marathon quest completed, Parnell plans to continue to include philanthropy in his daily routine, most notably by playing in a charity hockey tournament this weekend.

He will also be speaking at a free event at MacEwan Hall on Feb. 1. JEREMY NOLAIS

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SHOPPERS DRUG MART

Canadians are tweeting away the days: Report

Twitter found to be favourite social networking application in country Security firm gives Canadian data for first time

Canadians are Twittering away at the office, according to a computer network security firm that analyzes traffic patterns over the Internet.

We're also big on YouTube, Facebook, instant messaging, Gmail, dating applications, and a file-sharing app from China that is notorious for spreading nasty computer viruses.

California-based Palo Alto Networks collected six-months worth of network data at 34 big Canadian companies with hundreds of thousands of workers across the country.

The result suggests that when employees spend the day clicking away in front of their computer screens in their offices and cubicles, it's not all business — it's personal, too. That raises a host of concerns about loss of productivity, privacy, and security, experts say.

"People who like to do nasty things on the Internet are getting better at using social media tools and applications as a way of spreading malicious software," said Joe Compeau, an expert on information systems at the Ivey School of Business at the University of Western Ontario.

In 2007, the Ontario government instituted a ban on employees using Facebook and YouTube in the workplace, calling it a time-waster. But Facebook and YouTube were in heavy use at 31 of the Canadian companies studied.

TORSTAR NEWS SERVICE

Not all bad

Academic research shows that employees that use social media tend to be more creative, innovative and can be more productive in the longer term.

"You take away the tools; I don't think you take away the ability to waste time at work. We're still social. We want to interact with people," said Joe Compeau, an information systems expert.

North Africa. Unrest

Protesters shout slogans in front of the RCD party office after the sign bearing its name was dismantled, in Tunis, on Thursday.

THIBAULT CAMUS/THE ASSOCIATED PRESS

More of the same?

The Constitutional Democratic Rally, RCD, party was founded by ousted Tunisian president Zine El Abidine Ben Ali, who fled to Saudi Arabia last week after 23 years in power. Demonstrators have criticized the new unity government for being mostly made up of old guard politicians from the ruling party.

Woman's 'bizarre' incest appeal dismissed

Ontario's top court says the case of a woman who married her son, conceived several children with him and tried to pass him off as an African prince "gives new meaning to the word 'bizarre.'" The Court of Appeal for Ontario upheld an incest conviction for a woman named B.D. in a decision released Thursday. B.D., 47, maintains she is married to a man named Prince Wafi R. Dz., a real prince and a descendent of Nigerian or Ethiopian royalty. THE CANADIAN PRESS

60

Psychiatric reports filed for the woman named B.D. said she suffers from some delusional psychosis and is "intellectually deficient" with an IQ of 60.

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‘There were orgies’: Tawdry wiretaps leaked

Italy’s Silvio Berlusconi denies wrongdoing

THE ASSOCIATED PRESS

▶ A Moroccan teenager known as Ruby has denied any sex, saying Berlusconi never “put a finger on me.”

Gossip-loving Italians are devouring a feast of sexy leaked wiretaps about their prime minister, Silvio Berlusconi.

In some purported conversations, Berlusconi’s house is described as a brothel with topless girls dancing around.

The 74-year-old prime minister is described as having gained weight and become ugly by one guest.

The wiretaps were ordered by prosecutors as part of their prostitution probe targeting Berlusconi and his alleged encounters with a Moroccan teenager known as Ruby.

In one purported wiretap, Ruby tells a woman she has been frequenting Berlusconi’s house since the age of 16, but that Berlusconi “thought I was 24 years old.”

A man on another wiretap says: “There were orgies … all girls ... at the end were topless, only in their panties,”

A Berlusconi crony is heard telling a young woman to dress up as a sexy nurse and pretend to examine the prime minister as a joke.

Berlusconi has denied wrongdoing.

THE ASSOCIATED PRESS

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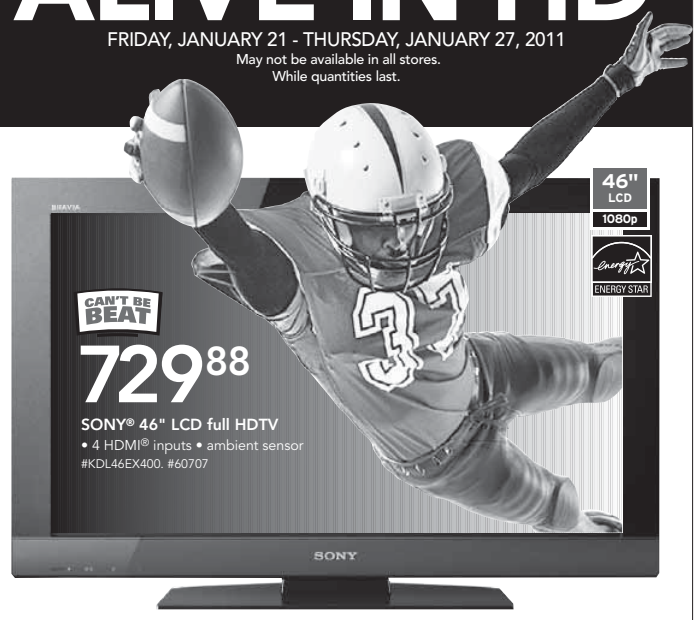

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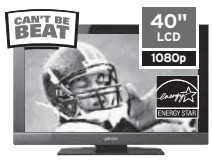

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Smuggled Tamils face terror claim

[illegible] government wants them ejected

THE CANADIAN PRESS

More than a dozen Tamils who landed on B.C.'s coast last August have been involved in war crimes, terrorism or human smuggling, say government officials who want them ejected from Canada.

The Canada Border Services Agency has referred 15 cases back to the Immigration and Refugee Board for hearings, with a recommendation to dismiss their refugee claims.

Melissa Anderson,

▶ Melissa Anderson

spokesperson for the board, said Thursday the cases all involve men and 14 of the 15 are accused of being involved in a terrorist organization.

The border agency also alleges one of those 14 took part in human smuggling and another was involved in war crimes.

THE CANADIAN PRESS

"They are treating our country like a doormat."
VIC TOEWS, PUBLIC SAFETY MINISTER

Portugal. Sunday's vote

▶ Sailing to victory? Anibal Cavaco Silva holds a replica of a fishing boat as he campaigns Thursday.

PAULO DUARTE/THE ASSOCIATED PRESS

Troubled waters?

Portuguese voters, fearing economic disaster, seem poised to re-elect a conservative economist, front-runner Anibal Cavaco Silva, as president Sunday in a vote that could make governing difficult for Socialist Prime Minister Jose Socrates.

All China wants is a little respect — Chicago gives it

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Chinese President Hu Jintao denied his country is a military threat despite its arms buildup, and pressed the U.S. on Thursday for closer co-operation.

He urged the U.S. to treat China "with respect and as equals" after a fresh barrage of criticism from Washington lawmakers over human rights.

President Barack Obama had expressed similar human rights concerns a day earlier.

The Chinese leader headed next to Chicago where he was dining Thursday evening with retiring Mayor Richard Daley, Illinois Gov. Pat Quinn and business leaders.

Hu was expected to focus on economic ties between China and Chicago during his whirlwind visit to the city.

On Friday, he was to visit a Chinese centre at a high school and a Chinese auto parts producer.

Experts said the attention from China for Chicago has been the envy of other U.S. cities.

"Our long-range goal is to make Chicago the most China-friendly city in the U.S.," Daley said during the dinner.

THE ASSOCIATED PRESS

"China-U.S. relations will enjoy ... growth when the two countries handle well issues involving each other's major interests."
CHINESE PRESIDENT HU JINTAO

Big rocket goes west ... and up and away

The largest rocket ever launched from the U.S. west coast blasted off Thursday with a classified defence satellite on board.

The 71.63-metre-tall Delta IV Heavy Launch Vehicle lifted off from Vandenberg air force base in California, carrying a payload for the National Reconnaissance Office.

No payload details were released.

But officials for the rocket builders said the launch was a success.

This was the fifth launch of a Delta IV but the first from the west coast. The other four launches were at Cape Canaveral, Fla.

2 The launch was pushed back two minutes to avoid an object in space that could have been in the path of the rocket.

Capable of generating nearly 0.91 million kilograms of thrust, the liquid-fuel rocket has a central core booster and two strap-on boosters. An upper second stage takes over when the first stage is exhausted.

Preparing for the launch took three years and $100 million in upgrades at Vandenberg.

THE ASSOCIATED PRESS

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Mafia takes hit in U.S. crackdown

127 associates facing charges for offences including a killing during a botched robbery and a double shooting in a bar fight

More than 120 organized crime associates face charges including murder, extortion and narcotics trafficking in one of the largest Mafia crackdowns in FBI history, prosecutors announced Thursday.

U.S. Attorney General Eric Holder said the 127 defendants include high-ranking members of the Gambino and Colombo crime families and the reputed former boss of organized crime in New England. All five of New York's five major crime families were targeted.

BROWARD SHERIFF'S OFFICE/THE ASSOCIATED PRESS

▶ Luigi (Baby Shanks) Manocchio

Luigi Manocchio, the reputed former head of New England's Patriarca crime family, was arrested in Fort Lauderdale, Fla., a U.S. attorney's office said. An indictment accused him of collecting protection payments from strip club owners. THE ASSOCIATED PRESS

Manitoba. Devalued?

▶ Assistant Prof. Gabor Lukacs stands outside the Manitoba law courts Thursday in Winnipeg. The University of Manitoba is in court to defend its decision to grant a PhD to a student who failed an exam.

DAVID LIPNOWSKI/THE CANADIAN PRESS

Professor challenges student's PhD

The University of Manitoba says it waived a failing grade because a student was otherwise exceptional, but suffered from acute exam anxiety. The decision is being challenged by assistant professor Gabor Lukacs who says it devalues the university.

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Budget plan doesn't add up: Watchdog

Parliamentary budget officer says Harper's plan to reduce spending can't be done without massive cuts

The federal government's plan to cut $6.8 billion in spending over five years isn't achievable without major service and program cuts, Parliamentary Budget Officer Kevin Page says.

"Without significant reductions ... and without significant program service-related reductions I don't see how they achieve this kind of restraint," Page said on Thursday after releasing a report on whether an operating budget freeze will meet the government's target. When Page's office went to the Harper government to request details on how it plans to find these significant savings, the government refused to co-operate, even though the office was created by the Conservatives to review spending promises. "It's frustrating," Page said, adding the Harper government needs to "come clean" with MPs and Canadians as to how it plans to find billions in savings without cutting programs and services.

"We are saying to parliamentarians there are a lot of risks that the government won't achieve fiscally and they need to be clear that there may be service-level risks."
PARLIAMENTARY BUDGET OFFICER KEVIN PAGE

TORSTAR NEWS SERVICE

FRED CHARTRAND/THE CANADIAN PRESS

▶ Parliamentary Budget Officer Kevin Page

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Mexico. Demonstration

▶ A Mexican migrants' rights activist holds a sign that reads "Obama, migration agreement right now!" in Spanish outside the U.S. Embassy in Mexico City, Thursday.

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

Protesters target Obama

Protesters have claimed the Obama administration has failed to address immigration from Mexico promptly and slammed officials for taking it off the White House's agenda last summer. Deportations of illegal migrants from the U.S. reached a record 393,000 in the 2010 fiscal year.

Daughter reunited, 23 years later

19 Baby Carlina was 19 days old when she was abducted from a New York City hospital in 1987.

A woman stolen as an infant from a hospital crib two decades ago spent Thursday at a New York hotel with her long-lost mother as investigators sought the evidence they need to identify and arrest her kidnapper.

No suspects were ever identified in the 1987 disappearance of Carlina White, the 19-day-old infant who vanished from Harlem Hospital. The hospital had no surveillance video. Her parents left the hospital to rest after the baby was admitted in the middle of the night with a high fever. She was missing when they came back.

The parents, Joy White and Carl Tyson, said a woman who looked like a nurse had comforted them at the hospital. She disappeared afterward and apparently never worked there, the family said.

The daughter, living under the name Nejdra Nance, had long suspected she was at least adopted because the woman who raised her could never provide her with a birth certificate. She didn't look like anyone she lived with, police and her family said.

THE ASSOCIATED PRESS

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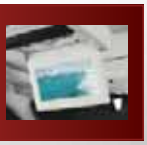

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3-D industry pushes on as some get sick

25 per cent of Americans experience headaches, blurred vision when viewing 3-D: American Optometric Association

KIYOSHI OTA/GETTY IMAGES

▶ Seth Rogen wears mock 3-D glasses for the Japanese premiere of The Green Hornet on Thursday.

From Hollywood studios to Japanese TV makers, powerful business interests are betting 3-D will be the future of entertainment, despite a major drawback: It makes millions of people uncomfortable or sick.

Optometrists say as many as one in four viewers have problems watching 3-D movies and TV, either because 3-D causes tiresome eyestrain or because the viewer has problems perceiving depth in real life. In the worst cases, 3-D makes people queasy, leaves them dizzy or gives them headaches.

Researchers have begun developing more lifelike 3-D displays that might address the problems, but they're years or even decades from being available to the masses.

That isn't deterring the entertainment industry, which is aware of the problem yet charging ahead with plans to create more movies and TV shows in 3-D. Jeff Katzenberg, CEO of Dreamworks Animation SKG Inc., calls 3-D "the greatest innovation that's happened for the movie theatres and for moviegoers since colour."

Theatre owners including AMC Entertainment Inc. and TV makers such as Panasonic Corp. are spending more than a billion dollars to upgrade theatres and TVs for 3-D.

A handful of satellite and cable channels are already carrying 3-D programming.

THE ASSOCIATED PRESS

Super. Tough

▶ A reporter tries to scratch the surface of a Dragontrail glass developed by Asahi Glass Co. with a key during a news conference in Tokyo Thursday.

TOMOKO HOSAKA/THE ASSOCIATED PRESS

Glass worth your scratch

Asahi Glass, Japan's largest glass maker, unveiled a super-tough, scratch-resistant cover for gadgets that it says is six times stronger than conventional glass.

Digital music sales drop drastically

The growth in digital music sales is slowing considerably, falling into the single digits for the first time, according to figures released Thursday.

The International Federation of the Phonographic Industry said digital sales increased by six per cent in 2010 — only half the growth rate registered in 2009. THE ASSOCIATED PRESS

Market moment

Dollar	Natural gas 1,000 cu ft
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CONTRIBUTED

▶ Rhiannon MacDonnell and fellow co-chair of BeCause Ryan Jennings. More information about BeCause can be found at www.because.ca.

5 MINUTES WITH: RHIANNON MACDONNELL

Rhiannon MacDonnell is the co-chair of BeCause, which is an initiative of the United Way that seeks to involve Calgarians in their 20s and 30s.

How did you get involved with BeCause?
I became a volunteer at the United Way four years ago and then over the years I just sort of evolved my involvement and I was fortunate enough to be selected as the co-chair a year and a half ago and I've been doing that ever since.
Tell us about BeCause?
BeCause is a United Way initiative that focuses on engaging the 20s and 30s crowd in giving, volunteering and participating. There's a lot of evidence Canada-wide that we're just not engaging as much as the previous generation so there's a lot of opportunity to get us excited and get us rallied around the causes in our communities. BeCause is a facility for doing that.
What are some of the initiatives BeCause has on the go?
One of the projects that we partner with Framework Foundation out of Toronto on is called Timeraiser, so we will be having the sixth Calgary Timeraiser this year ... basically it's an art auction but instead of dedicating dollars, you can donate volunteer hours and it's a really fantastic event — great time, great experience and connects people with some really cool agencies in the community. Another one that we do that we just actually kicked off this week is called the Urban Exposure Project. It's our third annual Urban Exposure Project and we equip a group of young people with photography training and ask them to learn about social issues in our community. Their challenge is to document what they learn about it through imagery and photography.
What have you learned from your involvement in BeCause?
The one thing that I've probably taken away from all my involvement is I really appreciate how many truly impressive people in Calgary are putting a lot of their time and talents into helping.
Why do you think it's important for people to get involved in volunteering?
I think that there are a lot of really good reasons to get involved. I think on a personal level, there's a lot of opportunity for personal growth and development ... On the other hand, I think there's also a certain responsibility for us to step up if we want to continue to see our community not only maintain where we are, but grow and get better. METRO

Cartoon

MICHAEL DE ADDER

Invest in sun block stocks

Worth mentioning

The warmest year on record is a three-way tie: 2010, 2005 and 1998.

So says the UN weather agency, providing further evidence Thursday that the planet is slowly, but surely, heating up.

Average temperatures globally last year were 0.53 C higher than the 1961-90 mean that is used for comparison purposes, according to the World Meteorological Organization.

That's a bit lower than what the U.S. National Climatic Data Center announced earlier this month, but the World Meteorological Organization also uses figures based on data collected by Britain's Meteorological Office and NASA.

"The 2010 data confirm the Earth's significant long-term warming trend," said Michel Jarraud, WMO's top official. He added that the 10 warmest years after records began in 1854 have all occurred since 1998. The average worldwide temperature for the 20th century was 13.9 C.

But rising global temperatures over the last century are causing climate experts to worry. Most atmospheric scientists attribute the change to carbon dioxide and gases released into the air by gasoline-burning engines and other industrial processes. The gases tend to trap heat in the atmosphere like a greenhouse.

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Tropical temperatures

Who should replace Regis Philbin? Why?

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Metro Minute at Heart Rally

The Heart and Stroke Foundation will be busy pumping up support at Eau Claire Market Mall this weekend. Hosting its first annual Heart Rally, the foundation intends to deliver education and research news to survivors, their families, volunteers and members of the general public who wish to attend. The event will also showcase the many programs, services and resources available today for those coping with health issues. The rally is slated to run Saturday from 11 a.m. to 2:30 p.m. at Eau Claire's centre court, located at 200 Barclay Parade SW. For more information, visit heartandstroke.ab.ca or contact the foundation's Calgary office at 403-270-3549. METRO

Three days to play

WHAT IS THE ONE THING TRANSIT COULD DO TO MAKE USING TRANSIT A BETTER EXPERIENCE?

Ivan Andric
CALGARY
They should have more people checking for tickets to ensure there aren't so many undesirables. And cleaning. It is pretty sloppy and dirty ... at stations and in trains.

Sharon Greenberg
CALGARY
I just missed my bus and now I have to wait 30 minutes. More frequent buses would be great — for the amount you pay for a bus pass.

▶ Ashton Kutcher and Natalie Portman star in No Strings Attached, which opens today.

2 scene

Scene in brief

The Dude and 30 Rock boss Jack Donaghy are coming to the Screen Actors Guild Awards.

Producers say SAG Award nominees Jeff Bridges and Alec Baldwin will help present prizes at the 17th annual ceremony, along with LL Cool J, Josh Duhamel, Amy Poehler and Glee star Cory Monteith.

The Screen Actors Guild Awards, honouring the year's best performances in film and television, will be presented Jan. 30 at the Shrine Exhibition Center in Los Angeles and broadcast live on TNT and TBS.

THE ASSOCIATED PRESS

Reel Guys

CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Love kills laughs

Richard Crouse and Mark Breslin debate the merits of No Strings Attached
Supporting cast much more interesting than two leads in this rom-com

Richard Crouse: I don't know about you Mark, but I don't think Natalie Portman has to worry about No Strings Attached "Norbiting" her chance of an Oscar nomination. It has charm here and there, but is so bland I don't even think Academy Award voters will even remember she was in the movie by Monday when their ballots are due. Thoughts?

Mark Breslin: I think the movie proves she has a gift for light comedy – very, very, very light comedy. I agree the movie is bland, but the good news is that its weightlessness is an antidote to the legion of overstated rom-coms. For the first half of the picture, I found myself applauding its gentle, loping rhythms. Then I fought to stay awake.

RC: I hear you. The sex-is-easy, love-is-hard premise works well enough when she and Kutcher are arranging trysts by text and keeping it informal but when the l-word — that's love — rears its head the movie becomes predictable and dull. Perhaps it's because the leads aren't nearly as interesting as the supporting cast.

MB: Yes, yes! Great supporting cast! Kevin Kline, Lake Bell, Olivia Thirlby and many more inject the movie with the verve it needs. But now for the big question, Richard — Ashton Kutcher. Well?

RC: He looks good in a suit and can deliver a line but I really thought his role could have been played by any number of actors — Paul Rudd and Josh Duhamel maybe — and it wouldn't have made any difference to the finished product. Back to the supporting cast though. You're in the comedy biz. Can't you get Lake Bell a better gig than this. She's fantastic.

MB: Let me call the folks over at Little Mosque and see what they can do … As for Kutcher, I prefer him in sleazy cynical roles. There's nothing more boring than a reformed cad. How much do we blame director Ivan Reitman for all of this? Should he start taking lessons from his son?

RC: Not yet. He is, after all, the guy who directed Ghost Busters, so as far as I'm concerned he's alright by me. I'm willing to write No Strings Attached off as a noble but so-so attempt at a modern rom-com. My fingers are still crossed for Ghostbusters 3.

Plot synopsis

- No Strings Attached is the new R-rated dating comedy from director Ivan "Ghost Busters" Reitman. Ashton Kutcher and Natalie Portman play 20-something Los Angelenos who define their relationship as "friends with benefits" until they realize they're falling in love.
- **Ratings:**
  Richard's: ●●
  Mark's: ●●½

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metro play

▶ Sir Anthony Hopkins stars as an exorcist in The Rite, which opens next Friday.

Hopkins knows what scares you

Oscar winner takes on demons in The Rite Says religious certainty can be just as scary as a horror film

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"I know what scares people, I know what's scary on film, because that's what I do. I guess I've got a knack for it, but it doesn't mean I'm a scary person. My wife's not scared of me. I'm scared of her."
ANTHONY HOPKINS

At 73 years old, Sir Anthony Hopkins is trying to live by a new life philosophy: expect nothing.

"Expectation leads to resentment and depression, so I have no expectations," he says. "To be realistic is a great freedom. I have no illusions about my position in this world as an actor or anything like that. No illusions at all. I'm very realistic. Reality is a very liberating thing."

But this recently discovered enlightenment doesn't mean Hopkins isn't doing anything anymore. The notoriously busy actor has several projects lined up, as well as a number of completed films out this year, including his latest, The Rite.

In the religious thriller, Hopkins stars as a veteran exorcist fighting on the front lines for the Vatican. But it wasn't a project he immediately jumped at.

"I thought I didn't want to play another spooky guy, you know? I wasn't sure," he says.

Then, of course, there was the subject matter. Let's just say religious certainty doesn't exactly jibe with Hopkins' newfound philosophy.

"I don't know what my beliefs are, really, about any of it," he says. "Anyone who says they know — 'I believe in the truth.' Oh, the truth? A lot of trouble that got us into over the last thousands of years. Hitler knew the truth. So did Stalin, so did Mao Zedong, so did Torquemada in the Spanish Inquisition. They all knew the truth, and that caused such horror. Certainty is the enemy. Human beings? We know nothing."

But despite any qualms Hopkins has with Catholicism, he's more than happy to play a character who's more than a little scary — and the man who is still best known for playing Hannibal Lecter knows a thing or two about being scary.

"You have fun with it. I know what scares people, I know what's scary on film, because that's what I do," he says. "I guess I've got a knack for it, but it doesn't mean I'm a scary person. My wife's not scared of me. I'm scared of her."

Part of Hopkins' fresh sense of calm has come from not taking Hollywood too seriously, he insists.

"What is so liberating about this whole business is when you see the big movies are going to come out, and then you see them up in Malibu in a little triplex theatre a week later on a scratched negative and you think, That's it?" he says. "It's a great liberation thinking that none of it is important. That's a great feeling — nothing matters anymore."

Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Blue Valentine hits a nerve

Blue Valentine
Genre: Drama
Director: Derek Cianfrance
Stars: Ryan Gosling, Michelle Williams, John Doman
●●●½

Whether one thinks Blue Valentine is a sincere meditation on the fragility of relationships or an actors' showcase for Ryan Gosling and Michelle Williams, there's no doubt it works: juxtaposing the (possible) end of a marriage with halcyon scenes of its beginnings, director Derek Cianfrance understands how to hit a nerve.

There are flaws (like an overplayed blowout argument in a hospital and an obtrusive score by indie heroes Grizzly Bear) but the sheer power of the performances carries the day.

ADAM NAYMAN

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5 best Ed Harris roles

Versatile actor has such a big, distinguished resumé it's hard to narrow it down to just his five best performances A couple of great astronaut movies make the cut though

Here's how consistently good Ed Harris is: He easily could have merited a list of 10 best performances, not just the five we do each week here.

It was tough to narrow it down. His performances in Gone Baby Gone and A Beautiful Mind are just a couple that have stood out over his three-plus decades of work but didn't make the cut. And so with The Way Back expanding into more theatres over the next few weeks, we had the daunting task of selecting the five most outstanding Harris performances.

THE ASSOCIATED PRESS

1

The Truman Show (1998)

His portrayal of Christof, the precise executive producer of a reality show starring an unsuspecting insurance salesman, earned him one of his four Oscar nominations.

From his vast control centre high atop an artificial dome, he monitors and controls every move Truman Burbank (Jim Carrey) makes. In his sleek beret, he is the cold, steely centre of a bright, perky contrivance — chilling in the command of his creation, seemingly detached from any actual semblance of humanity. Christof gets off on playing God, but he does it with a laid-back sense of cool.

2

A History of Violence (2005)

As the leader of a group of thugs who ride into a small Indiana town in a shiny black car to take back one of their own, Harris is deeply frightening.

The facially misshapen gangster he plays, Carl Fogarty, insists that Viggo Mortensen's character is not merely the town's mild-mannered, well-liked diner owner and family man, but actually a killer, just like him.

His damaged left eye and scarred cheek make him visually startling, but Harris plays the role in a gravelly, reserved manner that makes him more terrifying than if he'd approached the part as some sort of swaggering, bombastic stereotype.

3

Pollock (2000)

As actor and director, this is Harris' love letter to abstract painter Jackson Pollock, who rose from Greenwich Village obscurity to international celebrity, then descended into alcohol and self-pity and died, at 44, in a late-night, drunk-driving crash in 1956.

The film itself feels a bit like a by-the-numbers biopic, but Harris' raging, Oscar-nominated performance is always fascinating to watch. He hovers over a large canvas on the floor, dripping and slapping paint with the flourish of an orchestra conductor, an ever-present cigarette dangling from his lips. He makes Pollock's torment visceral, but also provides the thrill of witnessing a legend in the making.

4

The Right Stuff (1983)

Philip Kaufman's epic about America's first steps into space, based on Tom Wolfe's bestselling book, earned four Academy Awards and grippingly strips down the mythology of heroism.

But in a film full of strong performances and detailed figures, including playwright Sam Shepard as Chuck Yeager, a then little-known Harris is perfectly cast as John Glenn, the Marine and former United States senator who in 1962 piloted the first U.S. manned orbital mission around the Earth.

"I just thank God I live in a country where the best and the finest in a man can be brought out," says the earnest Glenn, who becomes Mercury mission's unofficial leader and spokesman.

5

Apollo 13 1995)

Another film about space exploration earned Harris the first of his four Oscar nominations. Director Ron Howard painstakingly recreated the doomed 1970 Apollo moon mission, which nearly left three astronauts stranded in space when an oxygen tank exploded.

As Gene Kranz, the key figure at Mission Control in Houston, Harris oversees the chaos – the swarm of engineers, technicians and scientists. He's intense and passionate, but he also must try to keep enough of a cool head to wrangle everyone's talents and expertise to bring these three men back to Earth. His performance is riveting and full of surprises.

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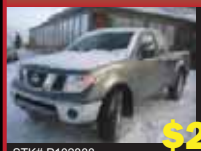

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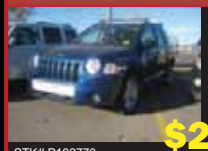

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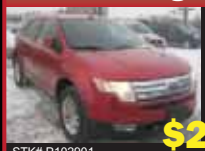

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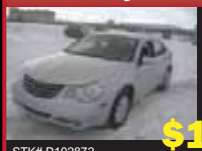

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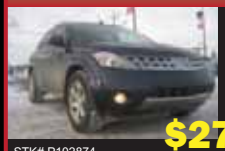

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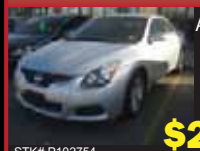

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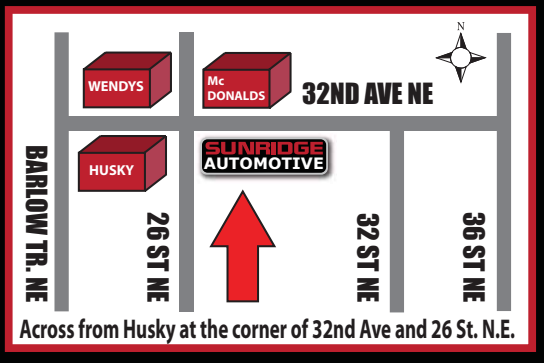

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AMVIC LICENSED

Actor enjoys the rush of doing good stunts His The Mechanic co-star Ben Foster wasn't quite as excited to do a 30-storey drop

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METRO WORLD NEWS IN LOS ANGELES

No stranger to physically demanding roles, action star Jason Statham's previous career as a member of the British diving team has come in surprisingly handy.

"It was very good for me to do what I'm doing now, because a lot of the training is all pointed in a direction where it allows you to gain aerial awareness," he explains. "So if you're doing a lot of stunts, you have a very great sense of distance and timing. It's definitely paid off."

The diving background helped for his latest film, The Mechanic, which called for Statham and co-star Ben Foster to careen down a 30-storey office building, supported by a single rope. The star of the Crank and Transporter movie series insists it was a blast, though maybe not as much for his co-star.

"He was pooping himself," he says of Foster. "Just being strung up with Ben to see how scared he was when we was doing the down the side … It makes me sound a little bit sadistic. It's great."

But aside from taking glee in a co-star's trepidation, Statham admits stunt-heavy roles are just that much more satisfying for him.

"When you do something good, there's a great excitement to it," he says. "It's always more rewarding doing something in terms of the action.

"You do a good dramatic scene, there's no one clapping for that. If you do a good stunt and it works out well, there's a great euphoria on set," he said. "That just doesn't happen in dramatic scenes. You just don't get that immediate reward."

A remake of the 1972 Charles Bronson film of the same name, The Mechanic asks Statham to step into some storied shoes, but he's not worried.

"There's always the comparisons that are going to be made, and it's not the first remake that I've done," he says. "We did a remake of The Italian Job years ago, and that was such, again, a classic movie that some people would think should never be touched. But you know, it was a very decent job. And it's the same with this."

▶ Ben Foster, left, and Jason Statham star in The Mechanic, which opens next Friday.

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THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 21 TO THURS., JAN. 27. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

▶ Jay Chou, left, and Seth Rogen star in The Green Hornet.

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Burlesque (PG) Fri-Thu 12:50-4:05-7:05-9:45
Conviction (14A) Fri-Thu 3:40-7:15
Despicable Me (G) Fri-Thu 1:10-3:45-7:10
Due Date (14A) Fri-Thu 1:30-4:10-7:25-9:55
Fair Game (PG) Fri-Thu 1:15-9:45
Gulliver's Travels (PG) Fri-Thu 12:55-3:50-7:20-9:40
How Do You Know (PG) Fri-Thu 1:05-3:55-6:50-9:35
Love & Other Drugs (18A) Fri-Thu 7:15-9:50
Megamind (G) Fri-Wed 1:25-4:15-7 Thu 1:25-4:15
Morning Glory (PG) Fri-Thu 12:45-3:30
The Next Three Days (PG) Fri-Thu 9:30
Red (14A) Fri-Thu 1:20-3:50-6:45-9:45
The Social Network (PG) Fri-Wed 9:25
Unstoppable (PG) Fri-Thu 1-3:40-6:55-10

CROWFOOT CROSSING
91 Crowfoot Terrace, 403-547-3316

Black Swan (14A) Fri-Tue 1:15-3:55-7:40-10:20 Wed 3:55-7:40-10:20 Thu 1:15-3:55-7:40-10:20 Star & Strollers Screening Wed 1
The Dilemma (PG) No Passes Fri-Tue 2-4:45-7:25-10:05 No Passes Wed 4:45-7:25-10:05 No Passes Thu 2-4:45-7:25-10:05 Star & Strollers Screening, No Passes Wed 1
The Fighter (14A) Fri-Thu 1:30-4:05-6:50-9:40
The Green Hornet 3D (14A) No Passes Fri-Thu 12:55-1:25-3:40-4:10-7:30-9:50-10:15
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 8
The King's Speech (PG) Fri-Thu 1-3:50-6:50-9:35
Little Fockers (PG) Fri 1:50-4:20-7:20-9:45 Sat 4:20-7:20-9:45 Sun-Thu 1:50-4:20-7:20-9:45
The Metropolitan Opera: Don Carlo Encore (STC) Sat 10:30
No Strings Attached (14A) No Passes Fri-Thu 1:55-4:35-7:15-9:55
A Star Is Born (STC) Sun 12:30
Tangled (G) Fri-Thu 2:10-4:40-7:05-9:30
Tron: Legacy 3D (PG) Fri-Sat 1:10-4:15-7:10 Sun 4:15-7:10 Mon-Thu 1:10-4:15-7:10
True Grit (14A) Fri-Sat 1:20-4:05-7:10-10:10 Sun 1:15-4:05-7:10-10:10 Mon-Thu 1:20-4:05-7:10-10:10
Yogi Bear (G) Fri-Thu 2-4

EAU CLAIRE MARKET
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127 Hours (14A) Fri 7:45-10:20 Sat-Sun 1:30-4:30-7:45-10:20 Mon-Thu 7:10-9:35
Barney's Version (14A) Fri 7-10 Sat-Sun 12:40-3:50-7:10 Mon-Thu 6:40-9:45
Black Swan (14A) Fri 7:30-10:10 Sat-Sun 1:20-4:20-7:30-10:10 Mon-Thu 7-9:40
The Green Hornet 3D (14A) No Passes Fri 6:45-9:40 No Passes Sat-Sun 1-4-6:45-9:40 No Passes Mon-Thu 6:30-9:25
The King's Speech (PG) Fri 6:30-9:30 Sat-Sun 12:50-3:40-6:30-9:30 Mon-Thu 6:20-9:20
Rabbit Hole (PG) Fri 7:15-9:50 Sat-Sun 1:10-4:10-7:15-9:50 Mon-Thu 6:50-9:30

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Black Swan (14A) SR Dolby Digital, Stadium Seating Fri-Thu 2-4:45-7:30-10:05
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:55-3:35-6:35-9:20
Country Strong (PG) Stadium Seating, SR Dolby Digital Fri-Thu 1:05-3:50-7:25-10:10
Dhobi Ghat (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 1:30-4:10-7:15-9:35
The Dilemma (PG) SR Dolby Digital, Stadium Seating Fri-Thu 1:20-4-7-9:45
The Fighter (14A) Fri-Thu 1:10-4:15-7:35-10:15
The Green Hornet (14A) Stadium Seating, SR Dolby Digital Fri-Thu 12:30-3:30-6:50-9:40
The Green Hornet 3D (14A) Stadium Seating, SR Dolby Digital Fri-Thu 1-4-7:20-10:10
The King's Speech (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:45-3:55-6:40-9:25
Little Fockers (PG) SR Dolby Digital, Stadium Seating Fri-Thu 9:10
No Strings Attached (14A) Stadium Seating, SR Dolby Digital Fri-Tue 12:50-1:20-4:05-4:35-7:05-7:35-9:45-10:15 Stadium Seating, SR Dolby Digital Wed 1:20-4:05-4:35-7:05-7:35-9:45-10:15 Stadium Seating, SR Dolby Digital Thu 12:50-1:20-4:05-4:35-7:05-7:35-9:45-10:15 SR Dolby Digital, Stadium Seating Wed 12:50
Tangled 3D (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:30-3-6:45-9:15
Tron: Legacy 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:40-3:45-6:55-10
True Grit (14A) Stadium Seating, SR Dolby Digital Fri-Thu 1:40-4:30-7:10-9:50
Yamla Pagla Deewana (PG) Stadium Seating, SR Dolby Digital, Sub-Titled Fri-Thu 1:15-4:40-8
Yogi Bear 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 12:35-3:10-6:30

EMPIRE STUDIO 10 MACLEOD TRAIL
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Black Swan (14A) Stadium Seating, SR Dolby Digital Fri-Thu 1:30-4:15-7-9:45
The Dilemma (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:30-3:15-6:40-9:20
The Fighter (14A) SR Dolby Digital, Stadium Seating Fri-Thu 7:20-10
The Green Hornet 3D (14A) SR Dolby Digital, Stadium Seating Fri-Thu 12:45-3:45-7:15-10:15
The King's Speech (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:20-3:30-6:30-9:30
Little Fockers (PG) Stadium Seating, SR Dolby Digital Fri-Thu 2-4:40-7:45-10:15
No Strings Attached (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1:45-4:30-7:30-10:10
Tangled 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 1:15-4-6:45-9:15
Tron: Legacy 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:3-3:10-6:50-9:40
True Grit (14A) SR Dolby Digital, Stadium Seating Fri-Thu 12:10-3-7:10-9:50
Yogi Bear 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 1-3:20

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Made in Dagenham (14A) Fri 7-9:20 Sat-Sun 1-3:20-7-9:20 Mon-Thu 7-9:20
True Grit (14A) Fri 7:15-9:30 Sat-Sun 1:15-3:30-7:15-9:30 Mon-Thu 7:15-9:30

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Burlesque (PG) Fri-Thu 12:45-3:30-6:50-9:40
Due Date (14A) Fri-Thu 1:05-4:05-7:10-10:05
Fair Game (PG) Fri-Thu 12:50-3:40-6:55-9:45
Gulliver's Travels (PG) Fri-Thu 1:10-3:55-7:10
How Do You Know (PG) Fri-Thu 12:45-3:35-6:45-9:35
Megamind (G) Fri-Thu 12:55-3:45-6:40
No One Killed Jessica (STC) Fri-Thu 1-9:15
Red (14A) Fri-Thu 9:55
Unstoppable (PG) Fri-Thu 12:50-3:50-7:05-9:50
Yamla Pagla Deewana (PG) Fri-Thu 2-4-6:30-8:30

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Barney's Version (14A) Fri-Thu 12:30-3:45-7:10-10:20
Black Swan (14A) Fri-Thu 1:10-4:05-7:10-10
Blue Valentine (STC) Fri-Thu 1:10-4:10-7:10-10:25
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Sat 12:40 Sun 4 Mon-Thu 12:40
Class Concert & Giselle: Bolshoi Ballet Live (STC) Sun 12
Country Strong (PG) Fri-Thu 1:05-4:15-7:25-10:25
The Dilemma (PG) No Passes Fri-Wed 1:15-4:10-7:15-10:15 No Passes Thu 4:10-7:15-10:15 Star & Strollers Screening, No Passes Thu 1
The Fighter (14A) Fri 12:50-4:05-7:05-10:20 Sat 4:05-7:05-10:20 Sun-Wed 12:50-4:05-7:05-10:20 Thu 4:05-7:05-10:20 Star & Strollers Screening Thu 1
The Green Hornet 3D (14A) No Passes Fri-Thu 12:40-1:20-3:40-4:20-6:50-7:20-9:50-10:20
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 2-6:30-9:55
The King's Speech (PG) Fri-Thu 1:20-4:25-7:30-10:30
Little Fockers (PG) Fri-Sat 12:45-3:50-7:05-10 Sun 3:50-7:05-10 Mon-Thu 12:45-3:50-7:05-10
The Metropolitan Opera: Don Carlo Encore (STC) Sat 10:30
No Strings Attached (14A) No Passes Fri-Thu 1:25-4:25-7:30-10:30
A Star Is Born (STC) Sun 12:30
Tangled 3D (G) Fri-Thu 1:05-4:15-7:25-10:05
The Tourist (PG) Fri-Thu 9:45
Tron: Legacy 3D (PG) Fri-Sat 4-7:15-10:15 Sun 7:15-10:15 Mon-Tue 4-7:15-10:15 Wed-Thu 4-10:15
Tron: Legacy: An IMAX 3D Experience (PG) Fri-Thu 1-4-7-10
True Grit (14A) Fri-Thu 12:55-3:30-7:05-10:10
Yogi Bear (G) Fri-Thu 12:45-3:15-6:45

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Black Swan (14A) Fri-Sun 12:55-4-7-9:50 Mon-Thu 1:25-4:15-7-9:50
Country Strong (PG) Fri-Sun 12:10-3:05-6:45-9:45 Mon-Tue 12:40-3:25-6:45-9:45 Wed 3:45-6:45-9:45 Thu 12:40-3:25-6:45-9:45 Star & Strollers Screening Wed 1
The Dilemma (PG) No Passes Fri-Sun 1:05-4:05-7:15-10:15 No Passes Mon-Thu 1:35-4:20-7:15-10:15
The Fighter (14A) Fri-Sun 12:25-3:35-6:30-9:40 Mon-Tue 12:55-3:45-6:30-9:40 Wed 3:45-6:30-9:40 Thu 12:55-3:45-6:30-9:40 Star & Strollers Screening Wed 1
The Green Hornet (14A) No Passes Fri-Thu 7:10-10:20
The Green Hornet 3D (14A) No Passes Fri-Sun 12:05-12:50-3:10-3:55-6:50-7:35-9:55-10:30 No Passes Mon-Thu 12:35-1:20-3:30-4:10-6:50-7:35-9:55-10:30
The King's Speech (PG) Fri-Sun 12:20-3:25-7:05-10:05 Mon-Thu 12:50-3:45-7:05-10:05
Little Fockers (PG) Fri-Sun 1-3:45-6:40-9:30 Mon-Thu 1:30-4:6:40-9:30
No Strings Attached (14A) No Passes Fri-Sun 12:15-3:7:10-10:10 No Passes Mon-Thu 12:45-3:20-7:10-10:10
Season of the Witch (14A) Fri-Sun 12:45-3:20-6:55-9:35 Mon-Thu 1:15-3:40-6:55-9:35
Tangled (G) Fri-Sun 12:35-3:15 Mon-Thu 1:05-3:35
The Tourist (PG) Fri-Thu 10
Tron: Legacy 3D (PG) Fri-Sun 12:30-3:50-7:30-10:25 Mon-Thu 1-4:05-7:30-10:25
True Grit (14A) Fri-Sun 12:40-3:40-6:35-9:25 Mon-Thu 1:10-3:55-6:35-9:25
Yogi Bear 3D (G) Fri-Sun 12-2:30-4:50-7:25 Mon-Thu 12:30-3-7:25

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Inside Job (PG) Fri 4:35-6:50 Sat-Sun 2:15-4:35-6:50 Mon-Thu 4:35-6:50
Kaavalan (STC) Sun 1-4
Marwencol (STC) Fri 5:10-9:10 Sat 12:20-5:10-9:10 Sun 12:20-9:10 Mon-Thu 5:10-9:10
Meet the Feebles (STC) Sat 11

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Black Swan (14A) Fri-Sun 1:50-4:25-7:25-10:05 Mon-Thu 5:55-8:25
The Dilemma (PG) No Passes Fri-Sun 1:25-4:05-7:50-10:25 No Passes Mon-Thu 6:25-8:55
The Fighter (14A) Fri-Sun 1:30-4:10-7:30-10:10 Mon-Thu 6:10-8:40
The Green Hornet 3D (14A) No Passes Fri-Sun 12:35-3:20-7-9:55 No Passes Mon-Thu 5:25-8
The King's Speech (PG) Fri-Sun 1:20-4-6:50-9:50 Mon-Thu 5:55-8:30
Little Fockers (PG) Fri 1-3:45-7:15-10:15 Sat 3:45-7:15-10:15 Sun 1-3:45-7:15-10:15 Mon-Tue 5:15-7:35 Wed 5:25 Thu 5:15-7:35
The Metropolitan Opera: Don Carlo Encore (STC) Sat 10:30
No Strings Attached (14A) No Passes Fri-Sun 12:40-3:40-7:30-10:20 No Passes Mon-Thu 5:20-8:05
Tangled (G) Fri-Sun 12:55-3:10-6:55-9:20 Mon-Thu 5:30-7:45
Tron: Legacy (PG) Fri-Sun 12:50-3:35-7:05-10 Mon-Thu 5:15-8:10
True Grit (14A) Fri-Sun 1:40-4:20-7:40-10:20 Mon-Thu 6:15-8:50

Sound Check

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MYSTERY OF THE BIG FADE-OUT

There are three ways a song can end.

There can be a defined, abrupt conclusion — something radio people call a "cold" ending. Other songs come to an end with a nice last chord that slowly disappears into silence. The third way to end a recording is to have the catchy part of the song continue while simultaneously dropping the volume until there's nothing left. That's called the fade-out. Thousands upon thousands of tracks end this way.

But who came up with this idea? The thought came to me the other day when I caught myself listening to some music while at the mall. Fading a song into nothingness is peculiar to recordings; you almost never, ever see it done in live performances.

No one knows who invented the technique. The fade-out couldn't have appeared any earlier than the late 1940s, when magnetic tape — an invention of the Nazis brought to America by allied soldiers — replaced the practice of one-take mechanical recordings cut directly onto a master copy. For the first time, recordings could be edited, multi-tracked and, yes, faded out.

So why did this catch on? Some composers and arrangers felt liberated because for the first time, they didn't have to come up with a concrete way to end a song.

Lazy, perhaps, but it certainly solved the problem of having to find an ending.

Another possibility is that producers or artists decided that the fade-out was the perfect way to emphasize the hook of the song — the signature melody line or construction that forms the basis of the composition — over and over again as the track ended. That way, they theorized, the hook would be burned into the listener's mind.

Another theory subscribed to by musicians, artists and managers was that fading out a song using the hook left the impression that the song never ended. Something so glorious and dramatic shouldn't have an end. The song was eternal and could be revisited ad infinitum simply by moving the needle back.

My theories are a lot less esoteric.

Back then, radio stations often refused to play songs that were longer than three minutes. The quickest way to cut a long song down to the maximum allowable length was simply to fade it out. The other thing to consider is that the fade-out caught on just because it sounded, well, cool.

And it stuck.

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Urban to perform at Super Bowl

Country music star Keith Urban is set to perform live from Cowboys Stadium as part of the Super Bowl pre-game festivities next month.

The Fox Super Bowl Sunday pre-game show begins at 3 p.m. AST and will be broadcast worldwide.

The three-time Grammy winner plans to include songs from his newly released album, Get Closer.

Urban has sold nearly 20 million CDs and earned numerous awards.

He has charted 11 No. 1 hits, including Only You Can Love Me This Way, Sweet Thing, Better Life and Days Go By.

CHRISTOPHER POLK/GETTY IMAGES

▶ Keith Urban

The Super Bowl will be held on Sunday of Feb. 6 and will air on Fox.

THE ASSOCIATED PRESS

News in brief

Kid Rock among artists to hit Jazz fest

MUSIC. John Legend & The Roots, Willie Nelson, Kid Rock, Bon Jovi, Wyclef Jean, Lauryn Hill, Arcade Fire, Wilco and Cyndi Lauper are among the headliners for the 2011 New Orleans Jazz and Heritage Festival.

Those performers will join hundreds of Louisiana artists, including Trombone Shorty & Orleans Avenue, The Neville Brothers, Dr. John, Irma Thomas, Pete Fountain, Kermit Ruffins & the Barbecue Swingers and Mystikal.

The seven-day festival runs April 29 to May 1 and May 5-8 at the Fair Grounds Race Course.

THE ASSOCIATED PRESS

KRISTIN BARLOWE/THE ASSOCIATED PRESS

▶ Mandisa Hundley

'Thorn in my flesh'

Former American Idol finalist Mandisa explores her emotional journey of weight loss in new album

The 10th season of American Idol kicked off Wednesday night, and some people's lives will be changed forever.

Former Idol finalist Mandisa Hundley knows the feeling.

The two-time Grammy nominee finished in the Top 10 the year Taylor Hicks won, and is now planning to release her third gospel album on April 5 called, What If We Were Real.

But as it turns out, her biggest life change came after the show. She embarked on an emotional weight loss journey two years ago and has since lost 90 pounds.

Mandisa's struggles fueled her new music.

"Where I was at the beginning of this album and where I ended up are two very different places," she told The Associated Press in an email. "It's been a process. I will always struggle with my weight. It's the thorn in my flesh."

Standing on a scale one morning and seeing a disappointing number prompted Mandisa to finally get real with herself and her fans.

"I had gained weight and was so frustrated at that moment that I said so on Twitter."

She tweeted: "I'm fed-up and over it."

"I was feeling embarrassed and ashamed. I realized that I had only talked about how great things were. I never let people in when things were not. It was then that I decided I'd talk about the bad things too," she said.

The result is what Mandisa calls her most honest record to date.

She began recording "in a very dark place." The title track and the song Just Cry came out of those early sessions.

However, by the end of the process she said she was back to a place of peace and joy, with the song Lifeline, about unwavering trust in God, which was the last track she recorded.

THE ASSOCIATED PRESS

On her way

- Mandisa is on her way to losing 100 pounds but said she doesn't have a goal weight.
- "My only goal is to be healthy physically, spiritually, and emotionally. That is a lifelong journey," she said.

Train has no problems flying under the radar

Even though Train is responsible for the ditty that by some measures was last year's most popular song — the ubiquitous Hey, Soul Sister — the trio has yet to experience massive mainstream popularity.

Although Pat Monahan has fronted the group for over a decade, he's never been a household name, and people who know the chorus of Soul Sister probably wouldn't be able to name Train's other two members, guitarist Jimmy Stafford and drummer Scott Underwood.

Monahan acknowledges that kind of anonymous success used to grate on him — but he puts the emphasis on "used to."

"Being under the radar as a celebrity isn't the worst thing that can happen to you. I think that maybe that's the reason for the longevity," says Monahan.

"For a long time I was disappointed about it. It was like, 'How come I can't get on Us Weekly, how come we're not on the cover of Rolling Stone? What did we do wrong?' But now I think that we just don't care like that. That's not why we started this. ... So we're learning how to have a lot of fun with it and keeping in mind that thinking about celebrity is thinking about the wrong thing. Thinking about the music is thinking about the future."

Keeping the focus on music has led to a rebirth for Train. The group is nominated for a Grammy Award for best pop performance by a duo or group with vocals next month for a live version of Hey, Soul Sister, which is still No. 1 on the adult contemporary chart a year after its release. While it never reached that spot on the overall pop chart, the song permeated pop culture and showed its dominance in other ways: It was featured on CSI: New York, in Samsung commercials, was the most downloaded song on iTunes in 2010, and has been certified quadruple platinum. "Even in other countries where they don't speak English, that song has been very successful," said Stafford. "I attribute it to the melody, some really catchy hooks ... the ukulele is (also) a really unique sound that people just seem to be drawn to that."

THE ASSOCIATED PRESS

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Train, from left to right, Scott Underwood, Patrick Monahan and Jimmy Stafford.

Rogen gets a surprise from Lucas

Seth Rogen had a rather bizarre meeting with Stephen Spielberg and George Lucas recently, during which the Star Wars mastermind was obsessed with the end of the world.

"George Lucas sits down and seriously proceeds to talk for around 25 minutes about how he thinks the world is going to end in the year 2012, like, for real. He thinks it," Rogen said.

"Lucas is going on about the tectonic plates, and all the time Spielberg is, like, rolling his eyes, like, 'My nerdy friend won't shut up, I'm sorry.'"

METRO

GETTY IMAGES FILE

Trouble brews

Gibson's attorney preparing for the worst with Mel

Mel Gibson's legal troubles over ex-girlfriend Oksana Grigorieva aren't going away, as prosecutors are now reportedly looking to charge Gibson for allegedly assaulting Grigorieva during an argument last year.

Blair is aware that the District Attorney is inclined to file charges against Mel." SOURCE

Gibson's attorney, Blair Berk, is said to be preparing for the worst.

"Blair is aware that the District Attorney is inclined to file charges against Mel," a source says.

If convicted of either a misdemeanor or felony, Gibson could face time behind bars. METRO

METRO CUSTOM PUBLISHING

KEN MAKES ANOTHER PLAY FOR BARBIE!

Ever since Barbie and Ken split seven years ago, rumours have been swirling about whether or not Ken has continued to carry a torch for his ex!

Well, if his antics at Whistler Blackcomb ski resort are any indication, he wants her back!

Ken showed his true colours as he aced the formidable 7th Heaven run. With a posse of fans cheering him on, Ken came flying down the mountain with an enormous red banner, attached to his ski poles, trailing in the air behind him. In big bold letters it read: "Barbie, you're the only doll for me."

Now, if that ain't love.

SHOULD BARBIE TAKE KEN BACK?
Have your say at barbieandken.com

Talking points

Skipping school cool with Paltrow

PEOPLE Gwyneth Paltrow sometimes needs a little time alone with her daughter, Apple, even if that means letting her skip class.

"I'll probably get kicked out of our school for admitting this, but I let Apple stay home yesterday. I just needed to be with her. We went out to lunch, we went to the beauty salon, we were together," Paltrow tells Good Housekeeping magazine.

She also opened up about life with Chris Martin.

"Marriage is hard. Chris and I have had our ups and downs, bigtime," she says. "I definitely have to coax things out of him when we talk. You know, he's British, so it's a different lexicon totally. But you have to communicate. Otherwise there's no relationship." METRO

Know when to fold 'em, says Simon Cowell

PEOPLE Simon Cowell reportedly isn't a big believer in traditional education.

"All my life I had to teach myself. I never really had a proper education. I wasn't born with any skill. I didn't learn anything from school," he says, according to Hollyscoop.

Instead, he learned his biggest lessons by finding his own teachers.

"I asked a very successful guy, 'What's the best advice you can give me?' and he said, 'Simon, always know when to leave the fair.' And I think that's good advice. Something inside you just says, 'You know what, it's time to go.' Without any regrets whatsoever."

METRO

Celebrity tweets

Sylvester Stallone [@TheSlyStallone] Heading to the hardcore streets of Mexico ...

Goldie Hawn [@goldiehawn] My super hero brother @burningdan 1974-2010. Celebrate his life.

Kirstie Alley [@kirstiealley] TWITTER is a bizarre place..I swear to God I could say HITLER was evil and ten people would reply.." that's your opinion"

Sarah Silverman [@SarahKSilverman] Number 1 reason couples stay together: fear! (so romantic -- love is third!)

METRO

Denise wants you to know she's a victim

PEOPLE While Charlie Sheen continues to rack up the tabloid covers for his recent exploits in Las Vegas, ex-wife Denise Richards isn't enjoying having to deal with the fallout.

"What becomes difficult is things become so public," she tells Access Hollywood. "I try my best to keep that quiet from our daughters because, you know, this is something I've never dealt with in my life until this situation. I'm learning how to deal with it. Just keeping a lid on it for our kids has been my main priority. It does become difficult."

METRO

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Every time I feel the need to discuss grip I talk to Pierre Savoy, chief instructor of the BMW Canada Winter Driving School.
You'll need that ice scraper sooner than you think
You see some scary things around Halloween, but none more so than unprepared vehicle.
Hybrid cars: Looking for a few more buyers
Hybrids have arrived, yes? Well, me thinks "yes" and "no." Hybrid technology has certainly arrived.
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3 life

Check-out tips

Registered Dietitian Maria Thomas offers these grocery shopping tips to help you avoid temptation at the check-out line.

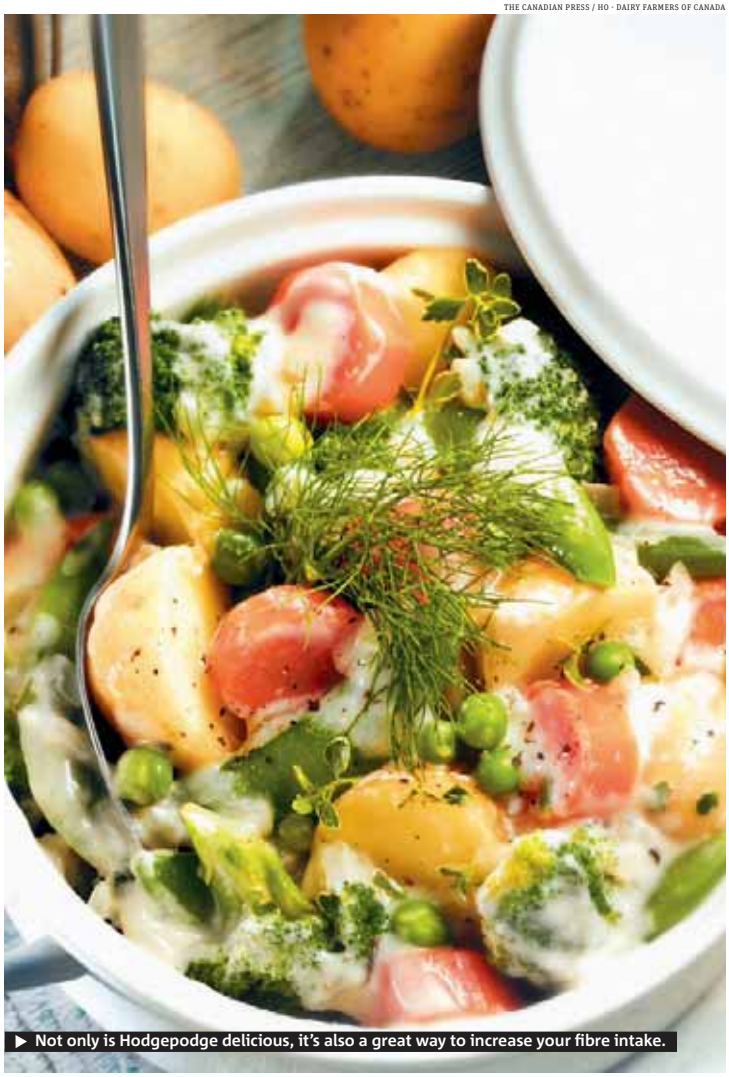
- Before you shop, take an inventory of everything you have in your fridge.
- Make a list of what you need and stick to it.
- Eat before you go — otherwise impulse items will end up in your cart. NEWS CANADA

Alcohol by the numbers: Some people in the industry want nutrition labels on liquor bottles.

Elevate your everyday veggies to scrumptious

The traditional Maritimes Hodgepodge dish boasts an array of vegetables in a light sauce

THE CANADIAN PRESS / HO - DAIRY FARMERS OF CANADA



Not only is Hodgepodge delicious, it's also a great way to increase your fibre intake.

This traditional dish from the Maritimes, called Hodgepodge, features a colourful array of vegetables in a light sauce that elevates the everyday to something scrumptious.

Most Canadians don't get enough fibre, which can be found in whole grains, beans, nuts, seeds, vegetables and fruit. This dish will help your family up its daily quota, in the most delicious way.

Add a dark rye or wholewheat roll, and for dessert, go for frozen yogurt topped with frozen raspberries.

Preparation:

1. In a large saucepan, combine potatoes and carrots; add cold water to cover by 5 cm (2 inches) and 2 ml (1/2 tsp) of the salt. Cover and bring to a boil over high heat.
2. Uncover, reduce heat and boil gently for 10 minutes or until potatoes are almost tender. Add broccoli, sugar snap peas and green peas; boil for 3 minutes or until tender-crisp. Drain; set aside.
3. Return pan to medium heat; melt butter. Sauté onion, tarragon, remaining salt and pepper for about 5 minutes or until softened. Stir in flour; saute for 30 seconds. Gradually whisk in heated milk and mustard. Bring to a boil, whisking constantly; reduce heat to medium and simmer, whisking, for about 2 minutes.
4. Remove from heat; stir in vegetables and toss to coat. Season to taste with salt and pepper.
5. Transfer to a warmed serving bowl and sprinkle with fresh herbs.

THE CANADIAN PRESS

Ingredients:

You can use different vegetables: Start with potatoes and add 1.125 l (4 1/2 cups) other vegetables, adding hard vegetables with the potatoes and more tender ones for the cooking time they require.

- 12 baby new potatoes, cut in half
- 250 ml (1 cup) thickly sliced carrots or baby-cut carrots
- 5 ml (1 tsp) salt, divided
- 500 ml (2 cups) broccoli florets
- 250 ml (1 cup) sugar snap peas, snow peas or green beans, trimmed
- 125 ml (1/2 cup) frozen green peas
- 30 ml (2 tbsp) butter
- 1 small onion, finely chopped
- 2 ml (1/2 tsp) dried tarragon, savoury or thyme
- 1 ml (1/4 tsp) pepper
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) milk, heated
- 10 ml (2 tsp) Dijon or dry mustard
- 30 ml (2 tbsp) chopped fresh basil or dill (optional)

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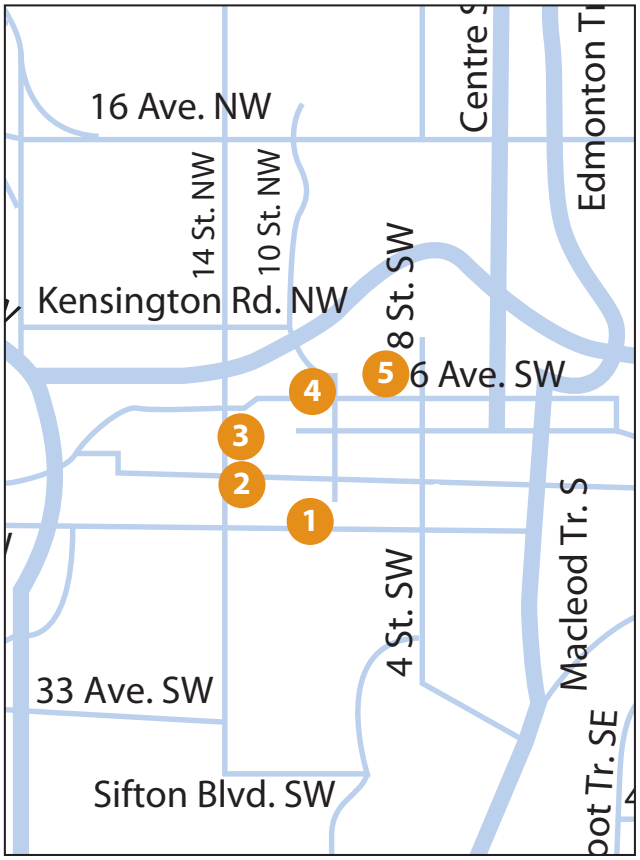

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Metro News

How to get hitched in 30 days

Use these simple tricks from Rich Bride Poor Bride wedding planner Karina Lemke to pull off a perfect wedding in mere weeks

KARINA LEMKE
FOR METRO CALGARY

ISTOCK

▶ You can still have a magical wedding without the year-long planning process.

I've been a wedding planner for more than a decade. I typically work with a couple from one to two years, helping them plan every aspect of their special day. For the newly engaged, or those who may not be familiar with the process, the average length of a North American engagement is 18 months.

Recently, my fiancée and I planned our wedding. The catch? We had exactly 30 days to do it. By the end of it, I found that a beautiful and magical experience need not take a year and a half to plan.

So, if you just want to get married and don't want the stress and wedding fatigue that a long planning process includes, here are some lessons I learned to help make that process easier.

WHO

Make a list of the absolutely essential people in your life — typically parents, siblings and one to four best friends. Leave off distant school friends, work friends and friends of your parents. This is "wedding triage."

Call each of them, tell them they are important to you and get them to commit to a date. When you have that magical date, consider it set in stone and start your planning.

You will have a far better time with the 40 to 60 people who you adore than with the additional 100 people you are likely not as friendly with but feel obligated to invite.

WHERE

If your guest list is less than 100, you will have limitless options. Don't think about banquet halls; think about gorgeous little restaurants, small inns, art galleries or a garden. Look for a place that is beautiful as this will cost you less in décor down the road.

WHEN

Forget a weekend date. Hardly anyone in the wedding business ever works during the week and, as a result, you can get an amazing location, an award-winning photographer, a celebrity chef for the cake and a terrific band. They may even offer discounted pricing.

INVITATIONS

Avoid fancier styles with embellishments or the time-consuming process of letterpress. If pushed for time, have an email invitation designed and sent as people can RSVP quickly. The best part is it's free.

The Internet can also be great for short-run invitations if you need to have something in your hands and into the mailbox within 10 days. You need to allow an additional 10 days for people to receive and send them back.

The RSVP date can be 10 days prior to the event to allow enough time to give numbers to your caterer.

PHOTOGRAPHER

Hire the best you can afford — these images will be the memory of your day. Ask the photographer if they will set up an online gallery of their shots or slideshow.

Since some friends may not be able to attend, they can at least have access to these images following the event. If you can afford video, do.

OFFICIANT

You're not limited to a city hall wedding. A simple Internet search will yield many non-denominational or interfaith officiants who can conduct a wedding ceremony at your choice of location. Price typically runs from $200 to $600.

CAKE

Any local bakery can make a wedding cake. Find some images of cakes you like. Opt for simple. They will typically be less expensive than using a fashionable wedding cake artist. Resist the urge to make your own — they often wilt or fall and are just plain stressful.

MUSIC

Even for a small wedding, hire live music for the ceremony. The cost is low, between $250 to $650. Consider hiring them to play through cocktails or dinner if you want music through the evening, but not necessarily a major dance party. If you want dancing, use your iPod.

FLOWERS & DÉCOR

You can make more of an impact and alter the appearance of any space with colourful, luxury linen rentals than you ever could with flowers.

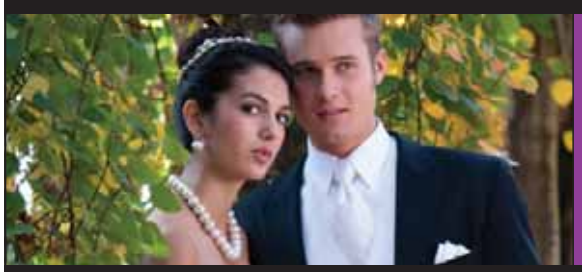
Consider renting linens ($15 to $35 per table) and going with simple, in-season flowers (don't get fancy with the flowers).

Remember that you can never have too many candles — they are easy decor and a fabulous DIY project that can be handled on short notice.

That dress

Limit your search to one or two shops and not more than a dozen dresses. Work with the sales associate to isolate and try only dresses that are in stock (samples are perfect for this) or can be obtained and altered within a one- to two-week time frame.

Celebrate family & friends



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Wedding dates

Plan well ahead of your big day for more choices and less stress Here's your calendar countdown

12 to 18 months

ISTOCK

- Tell the family. Don't sweat this one — they're gonna be pumped!
- Pick a wedding date.
- Choose a system for recording wedding plans.
- Determine available funds. The traditional source (the bride's family) isn't the rule anymore, so if everybody can help out, they should.
- Create a budget and establish a joint bank account.
- Choose a best man and maid of honour, and discuss specific duties with them.
- Contact your officiant. Choose someone you both feel comfortable with — you don't want to end up with a nutty Reverend Frank from License to Wed.

9 to 12 months

ISTOCK

- Register for your gifts and let friends and family know.
- Choose a photographer and/or videographer.
- Select music for the ceremony and reception.
- Buy/make bridal gown and bridesmaids dresses.
- Pick an MC.
- Look into your state's marriage license laws.

6 to 9 months

ISTOCK

- Purchase your rings.
- Make an appointment with your florist and order flowers.
- Decide if groom and groomsmen will rent or purchase formal wear.
- Determine details of the bar with your caterer.
- Plan the rehearsal dinner.
- Book wedding day appointments for makeup and hair.
- Discuss your guest list with family. Prepare to dig in your heels a little.
- Finalize and order invitations, if applicable.
- Look for wedding outfit accessories, such as cufflinks, dress shoes and jewelry.
- Order the wedding cake.
- Plan the honeymoon. Do you need passports?

2 months

ISTOCK

- Send out invites.
- Pick speakers for the reception.
- Give your must-have song list to the DJ/band.
- Draft/finalize reception seating plan.
- Go through final round of wardrobe fittings.
- Work out receiving line essentials.

1 week

ISTOCK

- Tally up all the RSVPs to make sure everyone is accounted for.
- Send wedding day schedule to suppliers and helpers.
- Finalize food/liquor orders.
- Pack a small bag of emergency items for the wedding day, and ask a trusted attendant to hold onto it.
- Submit your seating plan to the caterer.
- Pack for the honeymoon. Double-check that all necessary travel arrangements have been made.
- Prepare envelopes with payments for services. Ask the best man to distribute them.
- Have a wedding rehearsal. Review all duties, such as who's seating guests.

The big day!

ISTOCK

- Collect wedding rings, marriage license, money, travel tickets and/or itineraries (if leaving directly from the reception).
- Keep your dress white — stick to white wine, vodka and soda, gin and tonic.
- Relax and let others deal with the final (and inevitable) snags.

NOT SURE WHEN TO ANNOUNCE YOUR WEDDING IN THE NEWSPAPER? SEE A MORE COMPREHENSIVE COUNTDOWN CALENDAR AT 2FORCOUPLES.COM.

2: THE MAGAZINE FOR COUPLES (ON THE WEB: 2FORCOUPLES.COM; IPAD: 2 FOR COUPLES ON THE ITUNES APP STORE; TWITTER: @2MAGFORCOUPLES)

3 TOP TV WEDDINGS

LUKE & LAURA
General Hospital (1981)

The wedding of this soap super couple attracted 30 million viewers and has been hailed as the highest-rated hour in American soap history.

CHARLOTTE & HARRY
Sex and the City (2003)

How's this for a beginning: He was her divorce lawyer and she was repulsed by his sweaty, schlumpy appearance. But one unexpected romp in the boudoir later, this odd couple was destined for love.

PAM & JIM
The Office (2009)

This ultimate office romance ended with wedding bells after three seasons of sexual tension by the water cooler. This couple even had their own real wedding website, halpertbeesly.com.

JOHN BKILA, 2: THE MAGAZINE FOR COUPLES (ON THE WEB: 2FORCOUPLES.COM; IPAD: 2 FOR COUPLES ON THE ITUNES APP STORE; TWITTER: @2MAGFORCOUPLES)

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Top wedding trends

The editors at Weddingbells round up the hottest reception, fashion and stationary trends

Trend: Feathers
Why it's hot: Oscar favourite Black Swan has created a buzz for pretty plumage. Feathers (or feathery motifs) can fit into all aspects of your wedding day, from your dress to your accessories, bouquets and cake.
ALISON MCGILL, EDITOR-IN-CHIEF

PHOTOGRAPHY: CARLO MENDOZA

Local cuisine
Why it's hot: Serving food found close to home is not only trendy, but environmentally and budget-friendly, too. Plus it can be a great way to play up your destination. Having your reception in Niagara-on-the-Lake? Serve local wine or have an ice cream bar made by the nearby creamery.
STEPHANIE GRAY, ONLINE EDITOR

Trend: Photo booth props
Why it's hot: Last year the revival of the old-school photo booth at wedding receptions was huge. This year, expect to see a surge in personalized booths filled with custom decor tailored toward the couple's personality.
ROSESANNE DELA ROSA, ASSOCIATE EDITOR

YORKE PHOTOGRAPHY/ MATTHEWYORKE.CA
▶ Props from Little Retreats

Trend: Honeysuckle-tinted lips
Why it's hot: The Pantone Colour of the Year for 2011 is a perfect choice as your wedding-day shade, but we particularly love it as a lip colour selection. Our lippy pick: Bobbi Brown Creamy Lip Color in Honeysuckle ($25).
ALISON MCGILL, EDITOR-IN-CHIEF

Trend: Chic bridesmaid attire
Why it's hot: Designers now understand you want to choose a dress your girls will love wearing — just look at the fashionable creations from Melissa Sweet, Wtoo and Lela Rose.
STEPHANIE GRAY, ONLINE EDITOR

Trend: Pastel bridal gowns
Why it's hot: Soft peach, blush pink and baby blue are all fresh and elegant alternatives to traditional white and ivory.
NICOLE KEEN, ASSOCIATE EDITOR

FOR EVERYTHING YOU NEED TO PLAN YOUR WEDDING, GO TO WEDDINGBELLS.CA.

Invitation trends

- **Paperless invites.** Sweet designs from Paperless Post (paperless-post.com) make it easy to go green.
- **Hand-painted invites.** Work with a designer to create a piece of art.

KEVAN HALL (FALL 2011)

▶ Gown by Kevan Hall.

ADVERTORIAL

ULA'S FASHION OPENS FIRST DEDICATED CANADIAN STORE IN CALGARY

Calgary has been selected as the host City for iconic brand Ulas Fine Shoes' first exclusive Signature Boutique Store, in Avenida Village in South Calgary.

Ulas Fashion is an up-and-coming Canadian Design story, with its product stream of fashion-forward shoe and boot designs making waves in the World of International Fashion.

The new Concept Store, 'Ulas Fine Shoes and Boots... Signature', introduces and displays over 300 new styles of footwear. The 1842-square-foot store combines a color and texture background palette of soft grey, light hardrock maple, glass, chrome, acrylic and warm cream leather to create the exciting New York salon effect that lead designer Ursula Kur-Sissons was looking for.

'There is no reason Canadians can't have every bit as wonderful shopping experiences as one might find in the great cities of the World', said Ms. Kur-Sissons, showroom designer.

The boutique also has made room for Ulas own beautiful lingerie, hosiery, stockings and sleepwear products from Poland as well as a new sportswear Brand to the North American market: Brubeck.

The Company has its own production facilities in Europe.

Lead designer Ursula Kur-Sissons

The boutique also has made room for Ulas own beautiful lingerie, hosiery, stockings and sleepwear products from Poland.

The Ulas footwear line puts great emphasis on comfort, so that the shoes are attractive looking and at the same time comfortable. Ulas lines consist of a wide variety of shaded, hand-finished leathers as well as printed, embroidered, embossed and hand-distressed in the widest array of brilliant colours as well as more conservative and classic styles. They carry funky walking shoes, boots, summer thongs, boots with incredibly attractive designs and different heel heights which are lined with warm cloth, leather or sheepskin. Their high-end styles complement any evening attire as well as special occasions such as weddings, proms and any other business-related circumstances. They also have multi-colored styles which allow you to travel lightly with one pair of shoes that match many outfits as well as accommodate the wearer's comfort requirements.

Ulas also has an on-line web-site for clientele: www.ulasfashion.ca.

For further information please contact Ursula at: ula.kur@ulasfashion.com or call the store at: 403-453-2280.

Ula's
FINE SHOES AND BOOTS
Uniquely Sophisticated ...Signature

Register for your bridal shower at Ula's and bring in this ad to receive a free gift!

Top seeds move on in Australian Open action

Denmark's Caroline Wozniacki beat Dominika Cibulkova 6-4, 6-3 to reach the fourth round of the Australian Open, avenging a loss last week to the Slovak.

Wozniacki, playing her first Grand Slam as the world No. 1, advanced to the fourth round for the seventh consecutive major.

Still aiming to win a first Grand Slam title, the 20-year-old can hold onto the No. 1 ranking by reaching the semifinals in Australia.

In the men's draw, Serbian Novak Djokovic advanced Friday after playing just one set in his third-round match against Davis Cup teammate Viktor Troicki. The 2008 Australian Open champion led 6-2 when Troicki retired due to stomach muscle strain.

On Thursday, Rafael Nadal extended his Grand Slam winning streak to 23 matches, beating American Ryan Sweeting 6-2, 6-1, 6-1 in the second round of the Australian Open.

The top-ranked Nadal is aiming to be the first man since Rod Laver in 1969 to hold all four Grand Slam titles at the same time. He's conceded only four games en route to the third round, sealing his win over Sweeting with the last of a blizzard of forehand winners.

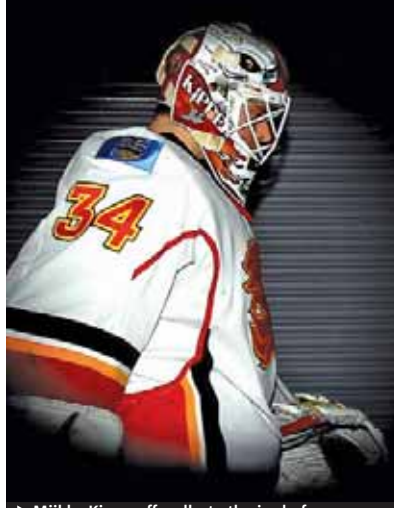
After his quarter-final exit at the last Australian Open, Nadal rebounded to win the French Open, Wimbledon and U.S. Open titles.

Bernard Tomic, the last Australian male left in the draw, advanced with a 7-6 (4), 7-6 (3), 6-3 win over No. 31 Feliciano Lopez of Spain.

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

Kipper at a low point
Dark days



▶ Miikka Kiprusoff walks to the ice before a game against the Dallas Stars last month.

The Calgary Flames' season has resembled an aging car.

Repair the leaky oil pan and then the fuel pump fails. Fix that and then a tire goes flat. The Flames just can't get traction this NHL season.

But whether it was Jarome Iginla's early-season scoring drought, the hot-and-cold play of Rene Bourque or the en masse disappearing act of players some nights, the man who could be counted on every game is now in a funk.

Miikka Kiprusoff, the goalie who gives Calgary chances to win games they don't deserve to, is now struggling. The Flames' slim playoff chances become even more improbable if Kiprusoff is off his game.

Kiprusoff has given up 15 goals in his last four starts. He was pulled for backup Henrik Karlsson in two of them after allowing four goals in each. Six pucks got by Kiprusoff in a 6-0 loss at home to Minnesota on Wednesday.

"It's one game at a time and I shouldn't worry about what happened before."
MIIKKA KIPRUSOFF

While Calgary's offence and defence played poorly against the Wild, Kiprusoff is counted on to help steal wins by making the saves that inspire the team in front of him.

"I've had some tough games before," the soft-spoken Finn said Thursday. "It's a new thing now. I have to work my way out of it."

Kiprusoff, 34, has a mediocre save percentage of .897 and a so-so goals-against average of 2.84. Both are well off his career highs of .933 and 1.69 of 2003-04.

Eight points out of a playoff spot in the Western Conference on Thursday, Calgary (20-21-6) is running out of time for a post-season push. They host the Dallas Stars on Friday and are on the road Saturday against the Vancouver Canucks.

Kiprusoff can't take the blame for Calgary's current precarious situation, but the timing couldn't be worse for his unsteady play.

Calgary gleaned six of a possible eight points on a recent four-game road trip that ended Monday. In the two games Kiprusoff was replaced, the Flames rallied for shootout losses against the Hurricanes and the Canadiens. Kiprusoff stopped 32 of 33 shots in a 2-1 shootout win over Toronto, while Karlsson picked up the victory in Ottawa.

Renewed hope the Flames still had a playoff pulse turned to anger in the debacle against Minnesota. The club was booed at the Scotiabank Saddledome and some of those jeers were directed at Kiprusoff.

"I don't think he's ever had a stretch like this, so when expectations are (so) high for an individual such as Kipper and you have a couple of off-games, I think it's more shock than anything," said forward Brendan Morrison. "But it's almost like people have given up on him after four games, which I think is comical in a way.

"We all know he's one of the best goaltenders and we have all the faith in the world that he's going to bounce back. It's magnified because of our situation. If we were holding down a playoff spot and had some room to breathe and this was happening, I don't think much would be made about it."

THE CANADIAN PRESS

Raps buy out Peja

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Peja Stojakovic

The Toronto Raptors have completed a buyout of veteran forward Peja Stojakovic's contract.

Acquired from New Orleans in November, the former all-star played just two games for the Raptors before being sidelined with a knee injury.

The move, which makes Stojakovic a free agent, was expected. The Raptors had acknowledged after the deal was made that they would consider a buyout if they were unable to trade him.

"I'm sure that Peja will add significantly to any veteran team that signs him," Raptors general manager Bryan Colangelo said in a statement.

THE CANADIAN PRESS

$15M

Stojakovic had been earning $15 million US in the final year of a five-year contract.

Sports in brief

Yankees sign Andruw Jones

MLB. Andruw Jones agreed Thursday to a $2-million, one-year contract with the New York Yankees, a person familiar with the negotiations told The Associated Press.

Jones had 19 home runs last season for the White Sox to go along with a .230 average and 48 RBIs. THE ASSOCIATED PRESS

Foot surgery for Brady?

NFL. A source requesting anonymity tells The Associated Press that New England Patriots quarterback Tom Brady has undergone surgery on his right foot.

The surgery for a stress fracture took place Thursday, the source said, adding Brady is "is doing good."

Brady was listed on the Patriots' injury report with a foot injury.

THE ASSOCIATED PRESS

4 sports

Quoted

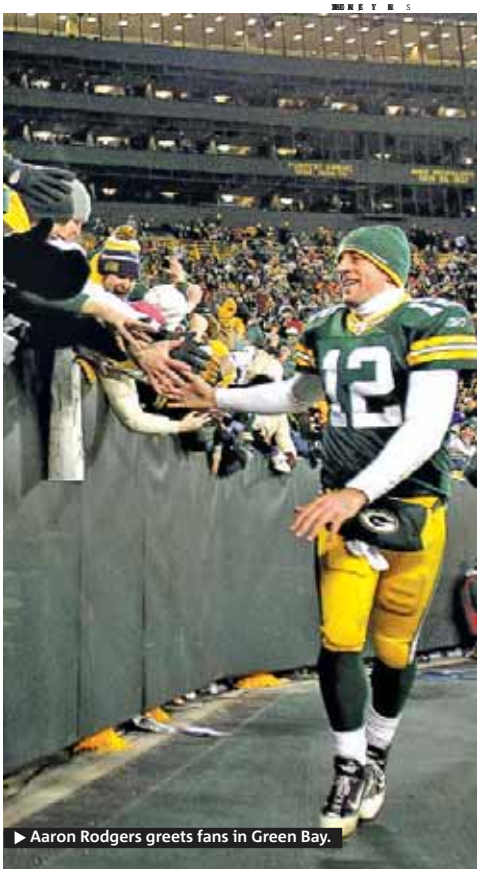
"Can't wait!"
JETS LINEBACKER BART SCOTT'S SHOUTED RESPONSE INTO AN ESPN MICROPHONE WHEN TOLD 'CONGRATULATIONS, SEE YOU IN PITTSBURGH' AFTER NEW YORK'S WIN LAST SUNDAY. THE ONE-MINUTE EMOTIONALLY CHARGED INTERVIEW IS A YOUTUBE SENSATION, WITH OVER 350,000 HITS SO FAR.

"My wife has teased me a lot. She uses that in case I ever get mad at her or something. She says she'll get me locked up; she'll use that video as a reference."
SCOTT

Scan code for more sports

Mr. Rodgers' neighbourhood

- Aaron Rodgers gives Green Bay fans a reason to forget Brett Favre
- QB appreciates the praise but doesn't think he deserves it yet


Aaron Rodgers greets fans in Green Bay.

Favre's take

Brett Favre interjected himself into the conversation about the Bears-Packers rivalry this week.

- In an email to ESPN, Favre said Rodgers is "the best" quarterback remaining in the playoffs.
- "I think they will win it all! I hope they do, if you are wondering," Favre said in his email to the network.
- When asked about Favre's comment, Rodgers' response was upbeat but brief. "Any time I'm getting a comment like that from somebody who's had a ton of success in the NFL, it's quite an honour," Rodgers said.

On the list of Aaron Rodgers' accomplishments in three seasons as the Green Bay Packers' starting quarterback, one stands out as being something that really didn't seem possible when he first took over as the starter.

He made Brett Favre an afterthought in Green Bay.

Going into Sunday's NFC championship game against the Bears in Chicago, Rodgers is the undisputed face of the Packers and his success in the playoffs is winning over almost anyone who still had doubts about his place among the NFL's elite quarterbacks.

"I think he's definitely the quarterback we all hoped he would become," coach Mike McCarthy said.

"He was a young, talented quarterback, had a very bright future, and now we're in Year 3 of his development and he's definitely developed into a special player.

"He does it the right way. He'll break them down physically, mentally. He's in a great rhythm right now."

He certainly made a believer out of veteran Packers receiver Donald Driver.

"I love him," Driver said. "I don't know if you can put words to it but he's playing like one of the best quarterbacks in the game, if not the best."

Rodgers might not have made the Pro Bowl this season, but there's no shortage of praise coming his way after a dominant performance in last Saturday's playoff rout of Atlanta.

Rodgers has been particularly sharp since he sustained his second concussion of the season and sat out the Packers' Dec. 19 loss at New England.

Bears linebacker Lance Briggs said he isn't bothered by all the attention on Rodgers.

"No, that's all it is, it's a sign of respect for what the Packers and Aaron Rodgers have been able to do," Briggs said. "They have been doing a lot of that this whole year. Credit it is due."

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	47	31	11	2	3	164	124	67	15-6-0-2	16-5-2-1	8-2-0-0	W4
d-Tampa Bay	48	28	15	3	2	143	152	61	14-4-1-1	14-11-2-1	6-4-0-0	W2
d-Boston	47	26	14	2	5	144	107	59	12-9-1-2	14-5-1-3	6-3-1-0	L1
Pittsburgh	48	29	15	2	2	150	112	62	15-9-1-0	14-6-1-2	4-4-0-2	L1
Washington	48	26	14	5	3	135	125	60	16-5-2-3	10-9-3-0	5-2-3-0	W1
NY Rangers	49	27	19	2	1	140	119	57	12-10-1-1	15-9-1-0	5-5-0-0	L1
Montreal	47	26	17	4	0	118	113	56	16-6-3-0	10-11-1-0	6-3-1-0	L1
Atlanta	49	23	18	3	5	148	156	54	11-9-1-3	12-9-2-2	3-5-1-1	L1
Carolina	47	23	18	2	4	141	146	52	12-8-1-1	11-10-1-3	5-4-1-0	W1
Buffalo	46	21	20	5	0	127	134	47	11-11-1-0	10-9-4-0	7-2-1-0	W2
Florida	45	21	20	2	2	123	119	46	11-8-2-2	10-12-0-0	5-3-1-1	L2
Toronto	46	19	22	2	3	119	141	43	10-10-2-2	9-12-0-1	6-3-0-1	W1
Ottawa	48	17	24	4	3	105	150	41	9-13-1-2	8-11-3-1	1-7-0-2	L4
NY Islanders	45	14	24	3	4	109	150	35	8-10-1-3	6-14-2-1	4-5-0-1	L2
New Jersey	46	14	29	2	1	92	140	31	8-13-1-1	6-16-0-0	5-4-2-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	46	29	10	4	3	152	113	65	15-3-1-2	14-7-3-1	6-2-1-1	L2
d-Detroit	47	29	12	4	2	162	138	64	14-5-3-1	15-7-1-1	5-3-1-1	W1
d-Dallas	47	29	13	1	4	139	121	63	15-6-1-3	14-7-0-1	7-2-0-1	W6
Nashville	47	26	15	4	2	129	112	58	11-4-3-2	15-11-1-0	8-2-0-0	W2
Anaheim	50	26	20	2	2	133	141	56	17-7-0-1	9-13-2-1	7-3-0-0	L1
Phoenix	47	23	15	6	3	136	135	55	10-7-3-2	13-8-3-1	6-2-1-1	L2
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Colorado	47	24	17	6	0	153	151	54	13-9-3-0	11-8-3-0	4-5-1-0	L1
Minnesota	47	24	18	1	4	123	128	53	11-11-0-2	13-7-1-2	7-3-0-0	W3
St. Louis	46	22	17	3	4	124	133	51	15-8-1-2	7-9-2-2	3-5-1-1	L1
San Jose	47	23	19	4	1	136	133	51	11-10-2-1	12-9-2-0	3-7-0-0	W2
Los Angeles	46	24	21	1	0	134	117	49	15-8-1-0	9-13-0-0	2-8-0-0	L2
Columbus	47	22	20	3	2	123	147	49	12-10-0-1	10-10-3-1	3-5-1-1	W1
Calgary	47	20	21	2	4	126	143	46	11-9-0-1	8-12-2-4	4-3-1-2	L2
Edmonton	46	14	25	1	6	115	159	35	7-13-1-2	7-12-1-3	2-8-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Buffalo 4 Boston 1
Toronto 5 Anaheim 2
New Jersey 2 Pittsburgh 0
Washington 2 N.Y. Islanders 1
Philadelphia 6 Ottawa 2
Carolina 4 N.Y. Rangers 1
Tampa Bay 3 Atlanta 2 (SO)
Detroit 4 St. Louis 3 (OT)
Nashville 5 Colorado 1
Dallas 4 Edmonton 2
San Jose at Vancouver
Phoenix at Los Angeles
Wednesday's results
Minnesota 6 Calgary 0
N.Y. Rangers 7 Toronto 0
Columbus 3 Florida 2 (OT)
Tonight's games
(All times Eastern)
N.Y. Islanders at Buffalo, 7:30 p.m.
Montreal at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
Dallas at Calgary, 9 p.m.

LEAFS 5, DUCKS 2

First Period
1. Anaheim, Sexton 3 (Visnovsky, Beleskey) 7:55
2. Toronto, MacArthur 15 (Kessel, Bozak) 11:43
Penalties — Parros Ana, Orr Tor (fighting) 2:15, Blake Ana (interference) 16:51, Ryan Ana (hooking) 20:00.
Second Period
3. Anaheim, McMillan 5 (Lupul) 5:23
4. Toronto, Gunnarsson 3 (MacArthur) 13:10
5. Toronto, Bozak 8 (Kessel, Phaneuf) 16:15
Penalties — Kaberle Tor (hooking) 5:44, Mueller Tor (slashing) 7:59.
Third Period
6. Toronto, Grabovski 19, 5:57
7. Toronto, Grabovski 20 (MacArthur) 11:40
Penalties — None.
Shots

Anaheim	9	9	10	28
Toronto	15	12	10	37

Goal — Anaheim: Hiller (L,23-16-3) Toronto: Giguere (W,9-7-3). **Power plays (goals-chances)** — Anaheim: 0-2 Toronto: 0-2.
Att. — 19,399 (18,819) at Toronto.

STARS 4, OILERS 2

First Period
1. Dallas, Benn 13 (Burish, Robidas) 11:40
2. Edmonton, Jones 11 (Cogliano) 12:51 (sh)
Penalties — Skrastins Dal (tripping) 1:06, Stortini Edm (interference) 12:07, Grossman Dal (high-sticking) 19:02.
Second Period
3. Dallas, Ribeiro 10 (Grossman) 6:26
4. Dallas, Neal 19 (Benn) 12:51 (pp)
5. Edmonton, Petry 1 (Smid, Paajarvi) 18:52
Penalties — Horcoff Edm (hooking) 11:08, Morrow Dal (hooking) 15:27, Fistric Dal (cross-checking) 19:34.
Third Period
6. Dallas, Burish 6, 19:59 (en)
Penalty — Hall Edm (holding) 17:03.
Shots

Dallas	9	10	5	24
Edmonton	15	13	4	32

Goal — Dallas: Lehtonen (W,21-10-5); Edmonton: Khabibulin (L,8-21-2). **Power plays (goals-chances)** — Dallas: 1-3; Edmonton: 0-4.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	35	28	63
D.Sedin, Vcr	27	32	59
St. Louis, TB	19	38	57
H.Sedin, Vcr	9	47	56
B.Richards, Dal	18	36	54
Zetterberg, Det	16	35	51
Perry, Ana	24	26	50
Eriksson, Dal	17	32	49
E.Staal, Car	22	25	47
Kopitar, LA	16	31	47
Ovechkin, Wash	16	30	46
Kesler, Vcr	25	19	44
Sharp, Chi	25	19	44
Duchene, Col	18	25	43
Heatley, SJ	18	25	43
Havlat, Minn	13	30	43
J.Thornton, SJ	13	30	43
Backstrom, Wash	11	31	42
Lidstrom, Det	11	31	42
Briere, Pha	24	17	41
Nash, Clb	21	20	41
Iginla, Cal	18	23	41
Byfuglien, Atl	16	25	41
Selanne, Ana	14	27	41

Not including last night's games

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Friday's results
MEN
Singles
Third Round
Novak Djokovic (3), Serbia, def. Viktor Troicki (29), Serbia, 6-2, retired.
Doubles
Second Round
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Santiago Gonzalez, Mexico, and Philipp Marx, Germany, 6-3, 6-4.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, def. Jeremy Chardy and Arnaud Clement, France, 6-3, 4-6, 6-4.
WOMEN
Singles — Third Round
Caroline Wozniacki (1), Denmark, def. Dominika Cibulkova (29), Slovakia, 6-4, 6-3.
Francesca Schiavone (6), Italy, def. Monica Niculescu, Romania, 6-0, 7-6 (2).
Anastasija Sevastova, Latvia, def. Vesna Manasieva, Russia, 6-1, 6-3.
Doubles
Second Round
Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, def. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (4), Spain, 6-4, 6-4.
Thursday's results
MEN
Singles — Second Round
Rafael Nadal (1), Spain, def. Ryan Sweeting, U.S., 6-2, 6-1, 6-1.
Robin Soderling (4), Sweden, def. Gilles Muller, Luxembourg, 6-3, 7-6 (1), 6-1.
Andy Murray (5), Britain, def. Illya Marchenko, Ukraine, 6-1, 6-3, 6-3.
David Ferrer (7), Spain, def. Michael Russell, U.S., 6-0, 6-1, 7-5.
Mikhail Youzhny (10), Russia, def. Blaz Kavcic, Slovenia, 6-3, 6-1, 5-7, 4-6, 6-1.
Jurgen Melzer (11), Austria, def. Pere Riba, Spain, 6-2, 6-4, 6-2.
Jo-Wilfried Tsonga (13), France, def. Andreas Seppi, Italy, 6-3, 7-6 (1), 7-6 (5).
Marin Cilic (15), Croatia, def. Santiago Giraldo, Colombia, 6-3, 7-6 (1), 6-1.
John Isner (20), U.S., def. Radek Stepanek, Czech Republic, 4-6, 6-4, 6-2, 6-1.
Marcos Baghdatis (21), Cyprus, def. Juan Martin del Potro, Argentina, 6-1, 6-3, 4-6, 6-3.
Milos Raonic, Thornhill, Ont., def. Michael Llodra (22), France, 7-6 (3), 6-3, 7-6 (4).
Richard Berankis, Lithuania, def. David Nalbandian (27), Argentina, 6-1, 6-0, 2-0 (retired).
Jan Hernych, Czech Republic, def. Thomaz Bellucci (30), Brazil, 6-2, 6-7 (11), 6-4, 6-7 (3), 8-6.
Bernard Tomic, Australia, def. Feliciano Lopez (31), Spain, 7-6 (4), 7-6 (3), 6-3.
Guillermo Garcia-Lopez (32), Spain, def. Eduardo Schwank, Argentina, 6-4, 7-6 (8), 6-1.
Alexandr Dolgopolov, Ukraine, def. Benjamin Becker, Germany, 6-3, 6-0, 3-6, 7-6 (3).
Doubles — First Round
Mahesh Bhupathi and Leander Paes (3), India, def. Ivo Karlovic, Croatia, and Dusan Vemic, Serbia, 5-7, 6-3, 6-0.
Lukasz Kubot, Poland, and Oliver Marach (4), Austria, def. Johan Brunstrom, Sweden, and Stephen Huss, Australia, 6-3, 6-3.
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Guillermo Garcia-Lopez and Albert Montanes, Spain, 6-3, 7-5.
Xavier Malisse, Belgium, and Jamie Murray, Britain, def. Wesley Moodie, South Africa, and Dick Norman (9), Belgium, 6-4, 6-0.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, def. Franco Ferreiro and Andre Sa, Brazil, 6-3, 6-0.
Colin Ebelthite and Adam Feeney, Australia, def. Robert Lindstedt, Sweden, and Horia Tecau (11), Romania, 4-6, 0-1 (retired).
Marcel Granollers and Tommy Robredo (13), Spain, def. Edouard Roger-Vasselin and Gilles Simon, France, 6-1, 6-1.
Jonathan Erlich and Andy Ram (14), Israel, def. Colin Fleming and Ross Hutchins, Britain, 4-6, 6-2, 6-2.
Daniele Bracciali and Potito Starace, Italy, def. Nicolas Almagro and Marc Lopez (15), Spain, 1-6, 7-6 (3), 7-5.
Filip Polasek and Igor Zelenay, Slovakia, def. Marcelo Melo and Bruno Soares (16), Brazil, 6-4, 4-6, 6-2.
Bjorn Phau, Germany, and Janko Tipsarevic, Serbia, def. Ivan Ljubicic and Lovro Zovko, Croatia, 6-1, 6-4.
Yen-hsun Lu, Taiwan, and Rainer Schuettler, Germany, def. Simon Aspelin, Sweden, and Alexander Peya, Austria, 7-6 (5), 7-6 (5).
Michael Berrer and Florian Mayer, Germany, def. Rameez Junaid, Australia, and Tobias Kamke, Germany, 6-3, 6-2.
Ivan Dodig, Croatia, and Jarkko Nieminen, Finland, def. Ashley Fisher and Jordan Kerr, Australia, 6-4, 6-4.
Benjamin Becker and Michael Kohlmann, Germany, def. Sanchai and Sonchat Ratiwatana, Thailand, 7-5, 7-5.
Feliciano Lopez, Spain, and Juan Monaco, Argentina, def. Marinko Matosevic and John Millman, Australia, 3-6, 6-0, 6-1.
WOMEN
Singles — Second Round
Vera Zvonareva (2), Russia, def. Bojana Jovanovski, Serbia, 2-6, 6-3, 6-1.
Kim Clijsters (3), Belgium, def. Carla Suarez Navarro, Spain, 6-1, 6-3.
Sam Stosur (5), Australia, def. Vera Dushevina, Russia, 6-3, 6-2.
Peng Shuai, China, def. Jelena Jankovic (7), Serbia, 7-6 (3), 6-3.
Shahar Peer (10), Israel, def. Sorana Cirstea, Romania, 6-3, 6-2.
Agnieszka Radwanska (12), Poland, def. Petra Martic, Croatia, 6-3, 6-4.
Nadia Petrova (13), Russia, def. Alicia Molik, Australia, 6-4, 6-1.
Anastasia Pavlyuchenkova (16), Russia, def. Kristina Barrois, Germany, 6-2, 6-2.
Iveta Benesova, Czech Republic, def. Maria Kirilenko (18), Russia, 6-3, 6-1.
Flavia Pennetta (22), Italy, def. Lourdes Dominguez Lino, Spain, 6-2, 6-2.
Simona Halep, Romania, def. Alisa Kleybanova (24), Russia, 6-4, 7-6 (2).
Petra Kvitova (25), Czech Republic, def. Anna Chakvetadze, Russia, 6-3, 6-4.
Alize Cornet, France, def. Maria Jose Martinez Sanchez (26), Spain, 7-5, 6-1.
Lucie Safarova (31), Czech Republic, def. Klara Zakopalova, Czech Republic, 6-3, 6-7 (2), 7-5.
Ayumi Morita, Japan, def. Caroline Garcia, France, 6-4, 6-4.
Ekaterina Makarova, Russia, def. Lesya Tsurenko, Ukraine, 7-6 (6), 6-1.
Doubles — First Round
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, 6-4, 7-5.
Cara Black, Zimbabwe, and Anastasia Rodionova (5), Australia, def. Tamira Paszek, Austria, and Tsvetana Pironkova, Bulgaria, 6-2, 6-1.
Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, def. Kateryna Bondarenko, Ukraine, and Dinara Safina, Russia, 6-2, 6-4.
Julia Goerges, Germany, and Lisa Raymond (7), U.S., def. Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, 6-2, 6-1.
Monica Niculescu, Romania, and Yan Zi (10), China, def. Klaudia Jans and Alicja Rosolska, Poland, 6-2, 6-2.
Michaella Krajicek, Netherlands, and Petra Kvitova, Czech Republic, def. Francesca Schiavone, Italy, and Rennae Stubbs (11), Australia, 6-0, 7-5.
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Romina Oprandi, Italy, and Jasmin Woehr, Germany, 6-1, 6-0.
Shahar Peer, Israel, and Peng Shuai (14), China, vs. Tatjana Malek and Andrea Petkovic, Germany, 6-2, 6-3.
Timea Bacsinszky, Switzerland, and Tathiana Garbin (16), Italy, def. Jelena Dokic and Sally Peers, Australia, 6-1, 6-4.
Maria Kondratieva, Russia, and Sophie Lefevre, France, def. Sophie Letcher and Viktorija Rajicic, Australia, 6-4, 6-2.
Olga Govortsova, Belarus, and Alla Kudryavtseva, Russia, def. Ioana Raluca Olaru, Romania, and Zuzana Ondraskova, Czech Republic, 6-1, 6-2.
Jill Craybas, U.S., and Olga Savchuk, Ukraine, def. Tammi Patterson and Olivia Rogowska, Australia, 6-4, 6-2.
Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, def. Vania King, U.S., and Arantxa Parra Santonja, Spain, 4-6, 6-2, 7-6 (6).
Andrea Hlavackova and Lucie Hradecka, Czech Republic, def. Sybille Bammer, Austria, and Anastasija Sevastova, Latvia, 6-3, 7-6 (3).
Eleni Daniilidou, Greece, and Kaia Kanepi, Estonia, def. Lourdes Dominguez Lino and Carla Suarez Navarro, Spain, 6-1, 6-3.
Liga Dekmeijere, Latvia, and Ayumi Morita, Japan, def. Simona Halep, Romania, and Yanina Wickmayer, Belgium, 6-4, 6-3.

SOCCER

ITALY

ITALIAN CUP

Round of 16
Yesterday's result
AC Milan 3 Bari 0

SPAIN

LA LIGA

Yesterday's result
Atletico Madrid 0 Real Madrid 1 (Real Madrid advances 4-1 on aggregate)

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	2	2		01.000	25	16	—
Boston	2	2		01.000	20	13	—
Rochester	2	1	1	.500	20	22	1
Buffalo	2	1	1	.500	18	16	1
Philadelphia	2	0	2	.000	12	19	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	3	2	1	.667	30	28	—
Minnesota	2	1	1	.500	26	19	½
Colorado	2	1	1	.500	18	18	½
Washington	3	1	2	.333	30	39	1
Edmonton	2	0	2	.000	14	23	1½

WEEK THREE
Tonight's game
(All times Eastern)
Boston at Toronto, 7:30 p.m.
Tomorrow's games
Rochester at Boston, 7:30 p.m.
Toronto at Buffalo, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.
Philadelphia at Colorado, 9 p.m.
Washington at Calgary, 9:30 p.m.

CYCLING

TOUR DOWN UNDER

At Stirling, Australia
Stage 3
Yesterday's results
1. Michael Matthew, Australia, Rabobank, three hours 11 minutes 47 seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, same time; 3. Matthew Goss, Australia, HTC-Highroad, s.t.; 4. Simon Gerrans, Australia, Sky Procycling, s.t.; 5. Luke Roberts, Australia, Uni SA-Australia, s.t. **Also: 84. Lance Armstrong, U.S., Radio Shack, 3:11 behind**
Overall Standings
(after third of six stages)
1. Matthew Goss, Australia, HTC-Highroad, nine hours 56 minutes 25 seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, two seconds behind; 3. Robbie McEwen, Australia, Radio Shack, 0:04; 4. Michael Matthews, Australia, Rabobank, s.t.; 5. Ben Swift, Britaion, Sky Procycling, s.t.; 6. Allan Davis, Australia, Astana, 0:14; 7. Francisco Ventoso, Spain, Movistar, s.t.; 8. Manuele Mori, Italy, Lampre-ISD, s.t.; 9. Alessandro Ballan, Italy, BMC, s.t.; 10. Greg Henderson, New Zealand, Sky Procycling, s.t. **Also: 81. Lance Armstrong, U.S., Radio Shack, three minutes 25 seconds behind**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's games
(All times Eastern)
NFC
Green Bay at Chicago, 3 p.m.
AFC
N.Y. Jets at Pittsburgh, 6:30 p.m.

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	32	9	.780	—
d-Miami	30	13	.698	3
d-Chicago	29	14	.674	4
Atlanta	28	15	.651	5
Orlando	27	15	.643	5½
New York	22	19	.537	10
Charlotte	17	24	.415	15
Indiana	16	23	.410	15
Philadelphia	17	25	.405	15½
Milwaukee	15	24	.385	16
Detroit	15	27	.357	17½
Toronto	13	29	.310	19½
Washington	12	28	.300	19½
New Jersey	11	31	.262	21½
Cleveland	8	33	.195	24

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	36	6	.857	—
d-L.A. Lakers	31	13	.705	6
Dallas	27	15	.643	9
d-Oklahoma City	27	15	.643	9
d-Utah	27	15	.643	9
New Orleans	27	16	.628	9½
Denver	24	17	.585	11½
Portland	23	20	.535	13½
Phoenix	19	21	.475	16
Houston	20	23	.465	16½
Memphis	19	23	.452	17
Golden State	18	23	.439	17½
L.A. Clippers	16	25	.390	19½
Minnesota	10	33	.233	26½
Sacramento	9	31	.225	26

d-division leader
Last night's results
Charlotte 100 Philadelphia 97
Chicago 82 Dallas 77
L.A. Clippers at Portland
Wednesday's results
Phoenix 106 Cleveland 98
New Jersey 103 Utah 95
Orlando 99 Philadelphia 98 (OT)
Boston 86 Detroit 82
Milwaukee 100 Washington 87
New Orleans 103 Memphis 102 (OT)
Houston 104 New York 89
San Antonio 104 Toronto 95
Denver 112 Oklahoma City 107
Dallas 109 L.A. Lakers 100
Portland 94 Sacramento 90 (OT)
Golden State 110 Indiana 108
L.A. Clippers 126 Minnesota 111
Tonight's games
(All times Eastern)
Detroit at New Jersey, 7 p.m.
Toronto at Orlando, 7 p.m.
Phoenix at Washington, 7 p.m.
New Orleans at Atlanta, 7:30 p.m.
Utah at Boston, 7:30 p.m.
Milwaukee at Cleveland, 7:30 p.m.
Houston at Memphis, 8 p.m.
New York at San Antonio, 8 p.m.
Sacramento at Golden State, 10:30 p.m.
L.A. Lakers at Denver, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	38	355	298	1072	28.2
Stoudemire, NYK	41	402	269	1081	26.4
Ellis, GOL	41	399	194	1063	25.9
James, MIA	41	358	276	1049	25.6
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	44	388	271	1105	25.1
Rose, CHI	41	373	199	1011	24.7
Gordon, LAC	39	313	232	930	23.8
Nowitzki, DAL	32	277	167	753	23.5
Anthony, DEN	34	279	222	798	23.5
Martin, HOU	41	277	311	952	23.2
Griffin, LAC	41	356	213	930	22.7
Westbrook, OKC	42	321	293	946	22.5
Williams, UTA	42	293	263	928	22.1
Howard, ORL	40	302	272	876	21.9
Bargnani, TOR	36	296	138	774	21.5
Granger, IND	38	283	166	816	21.5
Love, MIN	43	308	243	918	21.3
Aldridge, POR	43	361	184	909	21.1
Gay, MEM	40	316	147	829	20.7
Beasley, MIN	39	323	123	805	20.6
Randolph, MEM	38	304	149	760	20.0
Scola, HOU	43	341	142	824	19.2
Pierce, BOS	41	274	176	783	19.1
West, NOR	42	322	154	800	19.0

Not including last night's games

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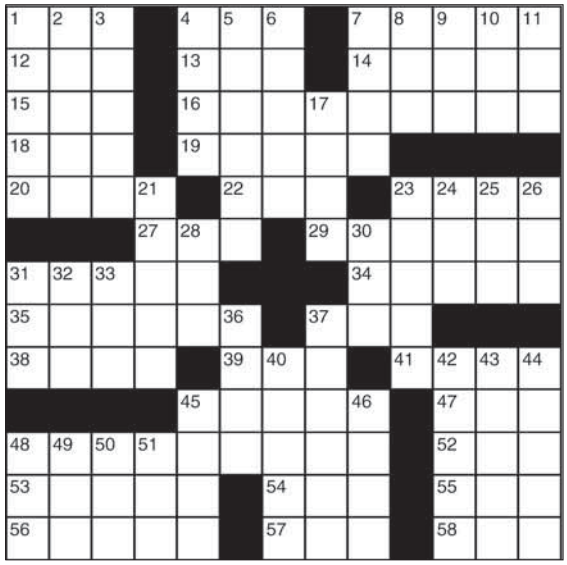
metro play

Crossword



Across

1 Cornfield comment
4 However
7 Nerdy sort
12 Historic period
13 Eventual aves
14 Heart line
15 Benicio — Toro
16 Mentionables?
18 Pismire
19 Fire
20 Bronx cheer
22 Schedule abbr.
23 Bean curd
27 Type measures
29 Handsome lad
31 "Survivor" team
34 Phantom's bailiwick
35 Fireplace part
37 Modern-day evidence
38 Sicilian spouter
39 Carte intro
41 Region
45 Donkey's sounds
47 Transmit electronically
48 Flotation device
52 "A pox upon thee!"
53 Go
54 Rule, for short
55 Listener
56 Worked (up)
57 Fuss
58 Banned bug spray

Down

1 Fragrant wood
2 Sports venue
3 Ballroom favorite
4 Nitwit
5 Palatal pendants
6 Turkic tongue
7 Challenge
8 "Holy mackerel!"
9 Before
10 Seventh letter
11 Tavern
17 Poet Pound
21 Marty, in "Madagascar"
23 November birthstone
24 Inseparable
25 Ever-green type
26 "— Today"
28 Profit
30 Dress in
31 Commonest English word
32 On Soc. Sec.
33 Writer Fleming
36 Rodgers collaborator
37 Convertible sofa
40 First lady after Hillary
42 Slain, gangster style
43 Water nymph
44 Put forth, as strength
45 Raised
46 Lily variety
48 Sort
49 Born
50 Aye
opponent
51 Leading lady?

▶ Yesterday's answer

Sudoku

7			1	3	9			5
	1				7	2		
				4				
3		6					9	
	4	2				3	1	
	5					8		6
				6				
		9	3				8	
8			5	7	1			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	8	5	4	3	9	1	6
4	5	3	6	1	9	8	2	7
6	1	9	8	7	2	4	5	3
3	6	4	7	2	5	1	9	8
5	7	1	9	6	8	3	4	2
8	9	2	4	3	1	6	7	5
9	4	6	3	5	7	2	8	1
1	3	7	2	8	4	5	6	9
2	8	5	1	9	6	7	3	4

Send a KISS

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To my little kitten mondy, ur my heart my mind my wall my being is u I love you more than words can say and even tho I mess up ill never lose sight on my prize which is you..loving you forever and alwayz **COOLIEO**

Hey Sexy Expert! You add sunshine to my days and I can't thank you enough for that. Please don't ever stop. **LOVE, GRUMPY XO**

Amna its your birthday, this weekend is the special day. Don't say I never gave you anything- cause many gifts come your way!
Begin with the card, and you'll continue to get.
My birthday's in 2 months don't you dare forget! ;)
Happy Birthday!! **FATIMA**

Sweetie,
Ex caelis oblatus
You are my gift from heaven! I love you and treasure you for what you are.
SWEETIE

A look at the weather

TODAY	SATURDAY	SUNDAY
Min -3° Max 3°	Min -1° Max 2°	Min -4° Max 2°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 An offer that arrives out of the blue will cheer you up today. In fact, as far as luck goes one of the best times of the year is about to begin. You must have done something to deserve it.

♉ Taurus April 21-May 21 You will get the chance to improve the lot of a friend or relative who has been feeling a bit under the weather of late. Your outgoing, friendly manner is precisely what they need to get their act together.

♊ Gemini May 22-June 21 It's not your fault that something went wrong, but you can be sure that those who are to blame will try to lay some of the guilt at your door. Don't you date let them.

♋ Cancer June 22-July 22 Almost anyone will do almost anything you ask of them. It seems the whole world wants to do you a favour, and being the nice guy you are, you see no reason to deny them what makes them happy!

♌ Leo July 23-Aug.23 If you don't feel much like making an effort today by all means hold off until your levels of energy and enthusiasm are a bit higher. There is no point doing a job reluctantly and making a poor show of it.

♍ Virgo Aug. 24- Sept. 22 This is potentially a good time for money matters and business issues, so keep your eyes and ears open and be ready to act when opportunity arises.

♎ Libra Sept. 23-Oct. 23 Set goals you can reach without too much of an effort today. Better still, use your charm and communication skills to get other people to do the hard stuff for you.

♏ Scorpio Oct. 24-Nov. 22 Don't be too tough on yourself today. Not even a Scorpio can get it right every time, so if something you have been working on goes a bit off track don't make a big fuss about it.

♐ Sagittarius Nov. 23-Dec. 21 If you are told something you don't need to know today, or if you overhear a whispered conversation that was not meant for your ears, it might just be best to forget about it.

♑ Capricorn Dec. 22-Jan. 20 This is the ideal day to remind those you love just how much they mean to you and just how much you appreciate the efforts they have made on your behalf.

♒ Aquarius Jan. 21-Feb. 18 You may find it hard to trust someone you work or do business with, but what choice do you have? By all means keep your wits about you but don't make it obvious you think they may try to cheat you.

♓ Pisces Feb. 19-March 20 You will get support today from someone you would never have expected to be on your side. Is his or her interest genuine? It is, so don't be suspicious. **SALLY BROMPTON**

Caption contest

MARKUS SCHREIBER/ THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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1. Word 'bar' removed from awning 2. Red dot added boy's ball cap 3. Red dot on window removed 4. '1' removed from building number 5. '0' filled in the word Apolo 6. Blue sign removed from wall 7. Driver's side reflector removed from the 2011 Chevrolet Cruze 8. Vent added on red wall 9. Sewer on curb in front of car removed 10. White sticker removed from window

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